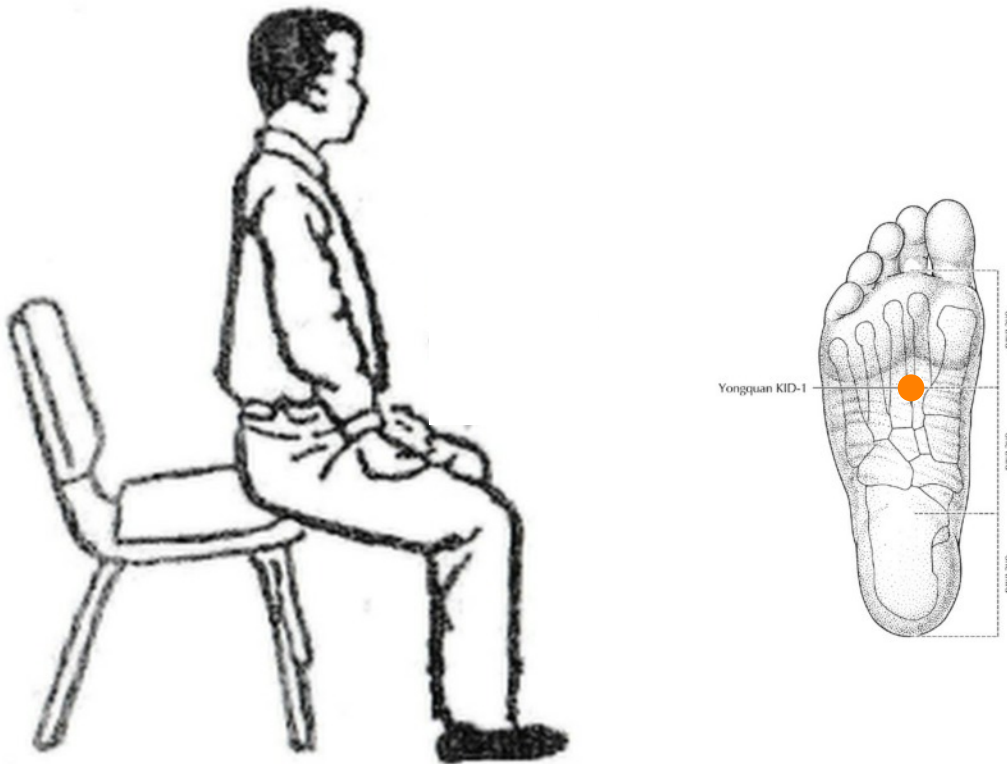


Sole Breathing



Sit upright with the weight down through the legs, with feet shoulder width and slightly forward of a right angle.

Mouth closed, tongue behind upper teeth.

Root the feet onto the floor, being aware of the Bubbling Spring points - a third of the way back on each sole. Feel as though the feet are rooted down into the earth.

Use a nut, stone or golf ball under each sole if it helps to focus.

Inhale gently through these points up the legs to the low abdomen, and exhale down and out through them.

Keep a gentle and natural rhythm for as long as you like.

5-10 minutes is good.