


BREATH*


▶ ABOUT THIS ACTIVITY

 **Time:** 5-10 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Have a respite from heavy brain work.
- Physically release some tension.

 **Materials:** None

 **Preparation:** None

Instructions

1. Ask everyone to stand. Model instructions as you give them.
2. Take a deep breath as you stretch both arms out, and breathe in new energy.
3. Pull your arms in as you breathe out what you don't want.
4. Breathe in as you open your arms again, and take in the energy from others, and breathe out, while pulling arms in to hug yourself as you offer energy to others.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.