**A Make sure you have listening to my two brief recordings for this lesson and worked on the discussion questions about *Come and Go*.**

**B Deep breathing**

1. Get comfortable. Sit on a straight-backed chair or cross-legged on the floor
2. **Breathe** in through your nose. Let your belly fill with air.
3. **Breathe** out through your nose.
4. Place one hand on your belly.
5. As you **breathe** in, feel your belly rise.
6. Take three more full, **deep breaths**.

7. Now open your lips and allow your breath to come out through your mouth. Make some

noise as you breathe out.

8. Take three more full, **deep breaths** with these noisy exhalations.

9. Now breathe in as deeply as you can and as you exhale stop the air twice. Repeat 3 more

times.

**C Say the following words:** 1. Yes 2. Oh!

a) on a short inhalation b) on a short exhalation c) on a long inhalation d) on a long exhalation

**D Say the following on one long exhalation :**

Let us not speak

I see little change

Does she not realize?

God grant not

Please God not

God forbid

May we not speak of the old days?

I can feel the rings

**Repeat, stopping your breath once or twice (mark the points at which you intend to chop your breath before we begin)**

**E We will then do Activity 6 in the warm-up activities in your booklet p.5 before discussing general progress, new ideas, problems etc.**