

Collarbone Breathing

Collarbone Breathing is a simple technique that helps calm your body and reset your energy quickly. It works by combining breath with acupressure points near the collarbone to release stress and bring your system back into balance.



Eight touching positions while touching the back of hand:

1. Right hand two fingertips on right collarbone
2. Right hand two fingertips on the left collarbone
3. Right hand knuckles on the right collarbone
4. Same knuckles on the left collarbone
5. Left hand two fingertips on the left collarbone
6. Same two fingertips on the right collarbone
7. Left hand knuckles on the left collarbone
8. Same knuckles on the right collarbone



Six breathing positions:

1. Breathe normally
2. Breathe all the way in - hold
3. Breathe halfway out - hold
4. Breathe all the way out - hold
5. Breathe half way in - hold
6. Breathe normally

This technique is especially helpful when you're feeling stressed, emotional, or out of balance. It helps calm your nervous system, clear your energy, and bring you back to a more grounded, centered state.