

# Wave Breaths

Being mindful of our breathing can help us stay calm and in control. Notice how you breathe in and out. Fill your belly as you inhale through your nose. Slowly release as you exhale through your mouth, for a little bit longer. Picture the shape of a wave as you breath in and out. Set aside a few minutes to use your wave breaths before trying to surf. Use the following guide to help you with your breathing.