

# How to Do Humming Bee Breath

## IN 4 SIMPLE STEPS

### Get Comfortable

1

Sit in a quiet place with your back straight and eyes closed. Take a deep breath in.

### Close Your Ears

2

Gently press your thumbs on the cartilage of your ears (just outside the ear canal). Rest your fingers lightly on your forehead or eyes.

### Hum Like a Bee

3

Inhale deeply, then slowly exhale while making a steady, gentle humming sound like a bee.

Feel the vibration in your head and chest.

### Repeat & Relax

4

Continue for 5–10 rounds, focusing on the calming sound and sensation. When finished, sit quietly and notice how peaceful you feel.



This breathwork soothes the mind, reduces stress, and helps you feel more centered.



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