

Session 1 homework

Listen to 2 breathing exercises. Which one do you prefer?

- Box breathing
 - TOH Psychology Staff - Square meditation: **English** (1min,30) - <https://soundcloud.com/user-130121173/square-meditation-dr-kerri-ritchie/s-6AEXD>
 - **French** (2 mins): <https://soundcloud.com/user-130121173/meditation-en-carre-dr-caroline-gerin-lajoie/s-wM4YG>
 - Box breathing explanation - <https://www.youtube.com/watch?v=tEmt1Znux58>
- Diaphragmatic Breathing – **English** - <https://www.youtube.com/watch?v=Vca6DyFqt4c>; **French** - <https://www.youtube.com/watch?v=hRNpCYnd2xU>