

Step 6

Using your ring fingers, gently place the tip of the fingers at the very tip of your nose.

My fingers are not on the top of the nose, they are just under the tip of the nose and are there just to “guide” the nostrils up and down.



Step 7

Flare your nostrils up and down.

This is a very gentle exercise, do not press your fingers firmly against your skin. Allow them to the muscles to move up and down naturally using your fingers as a guide.

Breathe through your mouth.

Do not wrap your top lip over your teeth.



My Notes
