OneEarthAllHeart

O-E-AH Breathing Mantra
Use for Meditation and Relaxation

- **Deep Breath In as you Inhale the O Sound, count 1, 2**

- **Begin to Release the breath slowly on the E Sound, count 1, 2 , 3**

- **Complete the Breath Out on the AH Sound**

- **Repeat 3 to 5 times.**

It's that easy!

O – E – AH