1. Stand with your feet planted firmly on the ground, and your hands at your side.
2. Take three deep, slow breaths in and out, filling your lungs.
3. Keeping your arms straight, breathe in and count slowly to four, lifting your straight arms to the side and up.
4. When your arms are straight above your head, hold there for two counts.
5. Slowly breathe out for four counts, lowering your arms.
6. Repeat five times.