

RELAXING BREATH

A breathing technique that you can take with you wherever you go, and which will instantly bring you a sense of calm and ease.



Sit on a chair and slide yourself forward until your feet are on the ground and you can feel a good amount of weight through them.



Ground through your sit bones and lengthen up through your spine.



Notice how you are feeling physically, mentally and emotionally. Can you feel any tension in your body? Take a deep breath in and sigh out the exhale. Use the sigh to help you let go of any stress that you feel and relax a little deeper into the chair. Repeat a few times, as needed.



Rest your right palm on your chest and your left hand on your stomach.



Focus on your breathing and watch it as it moves in and out of your body.



Start to slowly inhale through your nose for 4 counts.



Hold the breath at the top for a brief moment.



Slowly exhale out through your nose for 8 counts.



Hold the breath out of your body for 4 counts.



Repeat this for at least 10 rounds to bring a sense of calm and easy to your mind and body.