



Breathwork *Minis*

Quick breathing techniques for calm, focus, and nervous system support.

TEN TO ONE

Count very slowly from 10 down to 1, one number on each out-breath. Breathe in, then on the first out-breath say "10," on the next say "9," working down to "0." Notice how you feel when you arrive.

1, 2, 3, 4

(1,2,3,4 in – 4,3,2,1 out). Breathe in counting "1..2..3..4," then breathe out counting "4..3..2..1." Keep a slow, steady pace. Repeat several times.

BREATH COUNTING

After each in-breath, pause and count "1..2..3." After each out-breath, pause and count "1..2..3." The counting anchors attention in the present moment. Repeat several times.

IN AND OUT

On the in-breath think "I am." On the out-breath think "at peace." Repeat slowly several times. This practice can also be done while walking.

SQUARE BREATHING

Visualize a square. On the in-breath trace a vertical then a horizontal side. On the out-breath trace the remaining two sides to complete the square. Let each breath slow and deepen.