

# Breathwork Exercises

## **Breathing Deeply**

1. Sit up straight.
2. Try imagining a spot just below your navel. Breathe into that spot and fill your abdomen with air. Inhale through your nose with your mouth closed.
3. Exhale through your mouth with your lips pursed (as if you were whistling or kissing).
4. Make your exhalation twice as long as your inhalation (for example, inhale for two seconds, exhale for four). Use your abdomen when you breathe, consciously pushing your belly out. Try putting one hand over your stomach, to see how it rises and falls. With every long, slow breath out, you will feel more relaxed.

## **2-Minute Relaxation**

1. Focus your attention on your breathing. Take a few deep breaths, exhaling slowly.
2. Mentally scan your body. Notice areas that feel tense or cramped. Quietly loosen them. Let go of as much tension as you can.
3. Rotate your head in a smooth, circular motion once or twice (avoid any movements that cause pain).
4. Roll your shoulders forward and backward several times. Let all of your muscles completely relax.
5. Recall a pleasant thought, event, or place.
6. Take deep breaths and exhale slowly.

## **4-7-8 Breathing**

1. Prepare yourself in a comfortable position.
2. Simply bring your awareness to your breath.
3. Allow yourself a few natural breaths.
4. When you are ready, empty your lungs completely.
5. On your next inhale, breathe in quietly through the nose for 4 seconds.
6. Hold the breath for a count of 7 seconds.
7. Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds.
8. Repeat the cycle 6 times (about 2 minutes).