



# Breathing Exercises for *Calm*

SITTING UPRIGHT, DROP YOUR SHOULDERS AND SLOWLY EXHALE THROUGH YOUR MOUTH, GETTING ALL OF THE OXYGEN OUT OF YOUR LUNGS, FOCUS ON THIS INTENTION AND BE CONSCIOUS OF WHAT YOU ARE DOING

INHALE SLOWLY AND DEEPLY THROUGH YOUR NOSE. COUNT TO FOUR. IN THIS STEP, COUNT TO FOUR VERY SLOWLY IN YOUR HEAD. FEEL THE AIR FILL YOUR LUNGS, ONE SECTION AT A TIME, UNTIL YOUR LUNGS ARE COMPLETELY FULL AND THE AIR MOVES INTO YOUR ABDOMEN

HOLD YOUR BREATH FOR ANOTHER SLOW COUNT OF FOUR

EXHALE THROUGH YOUR MOUTH FOR THE SAME SLOW COUNT OF FOUR, EXPELLING THE AIR FROM YOUR LUNGS AND ABDOMEN. BE CONSCIOUS OF THE FEELING OF THE AIR LEAVING YOUR LUNGS HOLD YOUR BREATH FOR THE SAME SLOW COUNT OF FOUR

REPEAT



[WWW.GRACEWINCHESTER.COM](http://WWW.GRACEWINCHESTER.COM)