



4-7-8 Breathing Exercise

For optimal results, it is recommended that you sit up straight with your shoulders back.

Upon Inhalation you will breathe through your nose and exhale out of your mouth

During this exercise give all your attention to your breath and bodily sensations. Notice the air passing through your nasal passages and out through your mouth, notice the rise and fall of your abdomen.

Instructions

1. Close your mouth and inhale into your diaphragm and through the nose to a count of 4.
2. Hold your breath for a count of 7.
3. Exhale through your mouth to a count of 8.
4. Complete three repetitions, twice daily.

**if holding your breath for this long is difficult, shorten the exercise but keep the same ratio eg. 2-3.5-4*