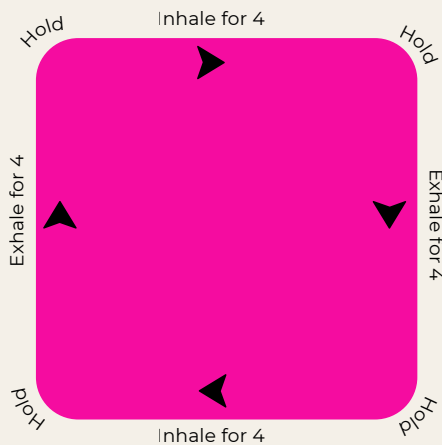


4 Essential Breathwork Techniques

BOX BREATHING

For Emotional Regulation



SIGHING

To Reduce Stress

Inhale through your nose -
regular breath



Inhale through your nose
again - shorter breath



Exhale through your
mouth - nice long breath



4-7-8 BREATHING

To Reduce Anxiety



Inhale for a count of 4



Hold for a count of 7



Exhale for a count of 8

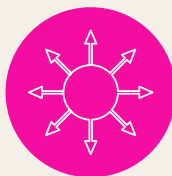
Keep it going for 4 to 8 rounds

COHERENT BREATHING

For creating balance



Inhale for 6



Exhale for 6

Maintain a steady rhythm. Keep it
going for a few minutes