



Breathing Exercises

4-7-8 Breathing (Relaxing breath)

The 4-7-8 breathing exercise acts as a natural tranquilizer for the nervous system. As a beginner, practice the exercise seating with your back straight. As you gain more expertise in the method, you can practice the technique while lying in bed.

1. Place the tip of your tongue at the front of the upper section of your mouth just behind your upper lip for the entire exercise.
2. Exhale completely through your mouth, making a "whoosh" sound.
3. Close your mouth and inhale quietly through your nose to a mental count of four.
4. Hold your breath and count to seven.
5. Exhale completely through your mouth, making a whoosh sound while counting to eight.

Box Breathing (Four square breathing)

Box breathing is much like inhaling and exhaling to the rhythm of a song.

1. Exhale while counting to four.
2. Hold your breath (with lungs empty) for a four-count.
3. Inhale while counting to four.
4. Hold the air in your lungs for four counts.
5. Exhale and begin the pattern anew.

Lion's Breath (Simhasana in Sanskrit)

Lion's breath exercises relax the muscles in your face and jaw, helps alleviate stress, and improve cardiovascular function.

Practice this exercise in a comfortable, seated position, leaning forward slightly with your hands on your knees or the floor.

1. Spread your fingers as wide as possible.
2. Inhale through your nose.
3. Open your mouth wide, stick out your tongue, and stretch it down toward your chin.
4. Exhale forcefully, carrying the breath across the root of your tongue.
5. While exhaling, make a "ha" sound that comes from deep within your abdomen.
6. Breathe normally for a few moments.
7. Repeat lion's breath up to seven times.