

## Breathing Exercises

*6 breathing exercises — 3 for beginners and 3 for those at a more advanced stage of breathwork or meditation.*

### Beginner Breathing Techniques

#### 1. Box Breathing (4-4-4-4)

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

Calms the nervous system quickly and is easy to memorize.

#### 2. 4-7-8 Breathing

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale for 8 seconds

Slows heart rate and reduces anxiety, great before sleep.

#### 3. Diaphragmatic (Belly) Breathing

- Place one hand on your chest, one on your belly
- Inhale deeply into your belly for 4–6 seconds
- Exhale slowly for 6–8 seconds

Releases tension and brings attention to the breath.



## **Advanced Breathing Techniques**

### **4. Holotropic Breathing**

- Deep, continuous, unbroken breaths (no pause between inhale and exhale)
- Often done to music in sessions of 15–60 minutes

Used for emotional release and altered states of consciousness — best done under guidance.

### **5. Wim Hof Method**

- 30–40 deep, fast breaths followed by a breath hold (exhale hold), then one deep breath in and hold
- Repeat 3–4 rounds

Boosts immunity, energy, and stress resilience — intense but powerful.

### **6. Alternate Nostril Breathing (Nadi Shodhana)**

- Use your thumb and ring finger to alternate closing nostrils
- Inhale left, exhale right
- Inhale right, exhale left
- Repeat for several cycles

Balances energy, clears mental fog, and centers awareness.

Here are 3 somatic exercises and 3 nervous system-calming practices to support emotional regulation, grounding, and inner safety:

### **3 Somatic Exercises (Body-based regulation)**

#### **1. Body Scanning**

- Close your eyes and slowly bring attention to each part of your body from head to toe.
- Observe sensations without judgment.

Increases body awareness and helps release stored tension.

## **2. Shake It Out**

- Stand up and literally shake your arms, legs, and torso for 1–2 minutes.

Discharges stuck energy or adrenaline from the body – especially after stress.

## **3. Self-Holding (Havening Touch)**

- Cross your arms and gently rub your upper arms or cheeks in soothing strokes.

Activates a sense of safety and calm through tactile reassurance.



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