3-Minute Grounding Breathwork Exercise

Purpose:
To reduce stress, enhance focus, and reconnect with the present moment.

Step 1: Set Your Intention (30 seconds)

Sit comfortably in a quiet space. Close your eyes and take a moment to set an intention for this exercise.
Example: "I am letting go of stress and embracing calm."

Step 2: Breathe In for 4, Hold for 4, Out for 6 (2 minutes)

1. Inhale deeply through your nose for a count of **4**.

2. Hold your breath for a count of **4**.

3. Exhale slowly and completely through your mouth for a count of **6**.

4. Repeat this cycle for 8-10 breaths.

Pro tip: As you exhale, imagine releasing all tension and stress from your body.

Want to go deeper? Book a complimentary Break-Through Session for personalised coaching and strategies by completing this short form:
https://forms.gle/sitUPqaEFfggR8yU6