

“Breath is the finest gift of nature. Be grateful
for this wonderful gift.”

-Amit Ray

“Om Chanting and Meditation”

4-7-8 Breathing Technique

It's a simple but powerful exercise known for its calming and relaxation benefits:

Here's a step-by-step guide:

Find a Comfortable Position: Sit or lie down comfortably, ensuring your back is straight but relaxed.

Relax Your Muscles: Close your eyes and take a deep breath in through your nose, letting your abdomen expand as you fill your lungs.

Exhale Completely: Slowly exhale through your mouth, making a gentle whooshing sound. Empty your lungs completely.

Inhale Quietly: Close your mouth and inhale quietly through your nose to a mental count of 4 seconds.

Hold Your Breath: Hold your breath for a count of 7 seconds.

Exhale Completely: Open your mouth slightly and exhale slowly, making a whooshing sound, counting to 8 seconds. Try to completely empty your lungs.

Repeat the Cycle: Inhale again and repeat the cycle three more times for a total of four breath cycles.

This exercise can be practiced daily or whenever you need to de-stress, relax, or improve focus. It's a valuable tool to introduce to members seeking a simple yet effective way to regulate their breath and reduce stress.