

Square Breathing

1. Sit down in a comfortable position with your spine straight.
2. Bring awareness to your breath for a few cycles.
3. Start doing a few cycles of deep breathing.
4. Imagine a square.
5. As you inhale, count up to 4 imagining that with each count you go up one side of the square.
6. Hold your breath for 4 counts as you imagine going through the top of the square.
7. Exhale counting up to 4 as you picture going down the other side of the square.
8. Hold your breath for 4 counts as you imagine going through the base of the square.
9. Repeat this cycle for a few minutes.

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