

Triangle 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 an inverted triangle with the horizontal base on the upper end.
5. As you inhale, count up to 4 imagining that with each count you go up one side of the triangle.
6. Hold your breath for 4 counts as you imagine going through the base of the top of the inverted triangle.
7. Repeat this cycle for a few minutes.
8. Exhale counting up to 4 imagining that with each count you go down the other side of the triangle.

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