

# Breath Work Technique #2

## 2. Box Breathing

- For this technique you can choose anywhere from 4-7 seconds for each part of the breath, but 4 seconds is most common to start
- Start by exhaling any air in your lungs
- Breathe in for 4 seconds through your nose, hold the breath in for 4 seconds, exhale slowly for 4 counts, and hold the exhale for 4 seconds
- Repeat this cycle 7 times
- Notice how you feel holding the breath in versus out. With each round focus on how refreshing or soothing it feels when you inhale and exhale

