

BREATHING EXERCISES TO TRY

from home!



1. DEEP BREATHING

Inhale deeply through your nose for a count of four, hold for four, exhale through your mouth for a count of four. Repeat.

2. 4-7-8 BREATHING

Inhale quietly through your nose to a mental count of four, hold your breath for a count of seven, and exhale completely through your mouth to a count of eight.

3. BOX BREATHING

Inhale for a count of four, hold for four, exhale for four, and hold for four. Repeat in a box pattern.



4. BELLY BREATHING

Place one hand on your chest and the other on your abdomen. Inhale deeply, allowing your diaphragm to expand and your abdomen to rise. Exhale slowly.

5. ALTERNATE NOSTRIL BREATHING

Close one nostril with your thumb and inhale through the other nostril. Then, close that nostril with your pinky finger and exhale through the alternate nostril. Repeat, alternating sides.



6. SHALLOW BREATHING AWARENESS

Pay attention to your breath without trying to change it. Notice the rhythm and depth of your breath.

7. RAPID BELLY BREATHING

Inhale quickly and deeply through your nose, allowing your belly to expand. Exhale forcefully through your mouth. Repeat rapidly for 30 seconds.

8. GUIDED VISUALIZATION BREATHING

Close your eyes and imagine a peaceful place. Inhale positive energy from this place and exhale any stress or negativity.

9. TRIANGLE BREATHING

Inhale for a count of three, hold for a count of three, and exhale for a count of three. Repeat in a triangle pattern.

10. BREATH OF FIRE (KAPALABHATI)

Sit up straight and take quick, forceful exhales through your nose, followed by passive inhales. It's like a quick burst of breath.

