

START HERE

inhale

1 2 3 4

hold in

4

3

2

1

hold out

4 3 2 1

exhale

1

2

3

4

heavily meditated ☾

BOX BREATHING FOR CALM VIBES

A breathing technique to calm the mind and soothe the nervous system in a matter of minutes.

1. Inhale through the nose to a count of 4
2. Hold the breath in for a count of 4
3. Exhale through the nose to a count of 4
4. Hold the breath out for a count of 4

Repeat for 4 cycles.