

4 7 8 Breath

Place the tip of your tongue against the area just behind your upper front teeth, and keep it there through the breathing exercise. Exhale completely through your mouth, making a whoosh sound.

1. Close your mouth and inhale quietly through your nose to a mental count of four.
2. Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
4. Now inhale again and repeat the cycle three more times for a total of four breaths.

Always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position throughout. Exhalation does take twice as long as inhalation. The absolute time spent on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, then speed the exercise up but keep to the ratio of 4:7:8. With practice you can likely slow it all down and get used to inhaling and exhaling more and more deeply.

Try 3 cycles to start. Revisit when needed, and don't do more than 6 cycles at a time.