



Breathwork Minis

TEN TO ONE

Count very slowly from 10 down to one, one number on each out-breath. Thus, breathe in, and on the first out-breath, say “10,” and with the next out-breath, say “9,” working your way down to “0,” and when at “0,” notice how you feel.

1, 2, 3, 4

(1,2,3,4 in — 4,3,2,1 out). As you breathe in, count slowly up from “1” to “4,” and as you breathe out, count slowly back to “1” from “4.” Thus, as you breathe in, say quietly, “1..2..3..4,” and as you breathe out, say quietly to yourself, “4..3..2..1.” Do this several times.

BREATH COUNTING

(Counting the space between the in-breath and out-breath 1,2,3). Thus, after each in-breath, pause and count, “1..2..3;” and after each out-breath, pause again and count “1..2..3.” Do this several times.

IN AND OUT

(In-breath ((I am)) and out-breath ((at peace))). On the in-breath, you think and/or say internally, “I am,” and on the out-breath, you think and/or say internally, “at peace.” Repeat this several times. This can also be done while walking.

SQUARE BREATHING

Square breathing: in-breath vertical & horizontal and out-breath vertical & horizontal to complete the square. Visualize a square. On the in-breath, visualize a vertical line and then a horizontal line. On the out-breath, you visualize another vertical and horizontal line, and you complete the square.