

# Square Breathing



Sit with your back supported in a comfortable chair with your feet on the floor



Close your eyes then breath in through your nose while counting to four slowly feeing the air enter into your lungs



hold your breath while counting slowly to four, trying not to clamp your mouth or nose shut



Slowly exhale for 4 seconds



Repeat steps 1 to 3 at least three times

Breathe in for 4 seconds



Hold for 4 seconds



Breathe out for 4 seconds



Hold for 4 seconds

