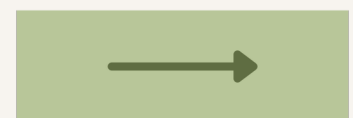

3 Breathwork Practices for Instant Calm

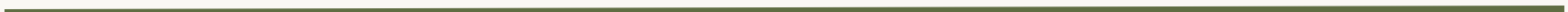
IF YOUR BREATH IS CALM, YOUR BODY FOLLOWS.



01

Box Breathing - Calm & Ground

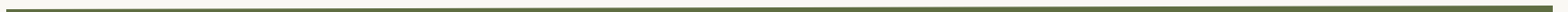
Inhale for 4 seconds, hold for 4, exhale for 4,
hold again for 4 - repeating 5 rounds to
gently regulate cortisol and calm the heart
rate.



02

Extended Exhale – Stress Release

Inhale for 4 seconds, then slowly exhale for 6–8 seconds - repeat for 6–10 rounds to signal safety to the nervous system and release stress.



03

Morning - Energy Reset

Inhale through the nose in 3 quick pulses followed by a long, slow exhale through the mouth for 6 rounds to gently increase energy, focus, and circulation.

