



Box breathing

Box or square breathing is an easy breathing breath practice that can promote wellness and calmness in your body. Whilst it is not as powerful as meditation it is way into meditating for those people that find it difficult to sit down as it is a great stress management tool. Also, it can be practiced virtually anywhere and at any time! It's a good labour tool for women who are expecting a baby and a good tool to calm down both parents and children. It can be used before a public speaking event or an important meeting or when you are facing any kind of stressor. You can do it watching TV, in the shower, washing dishes or a quick one-minute break at work. You only need one or two minutes for it to take effect on your nervous system.

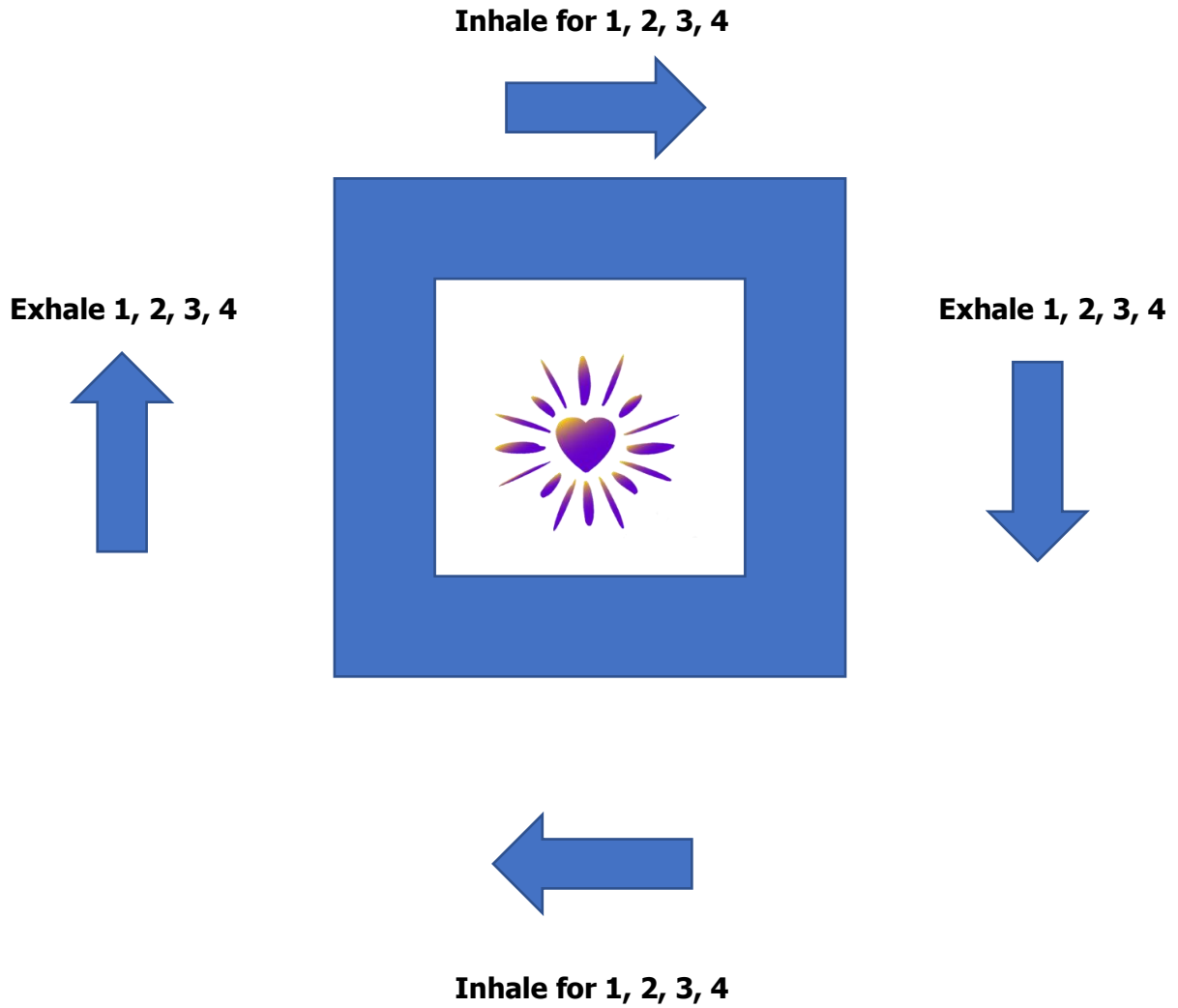
Below you can try some different variations, to see which one suits you the best. Remember that the more you breathe then the more elastic your lungs become, and the more oxygen can circulate around your body. You can print off the techniques blow and find one that suits you the best. The graphic can give you a focus to begin with but in time you can imagine the box in your mind.

Tips to get you going!

1. Sit or stand in a comfortable position, with your spin aligned, your tailbone to the floor and the crown of your head towards the ceiling. Keep your chin parallel to the floor and your eyes can be open or closed.
2. Inhale through your nose and exhale through soft, slightly parted lips.
3. Breathe in a way that is comfortable for you.
4. You can increase or decrease the length of the breath to suit your lung capacity.
5. To take yourself to the next level and get ready for meditation you can breathe in through the nose and out through the nose.

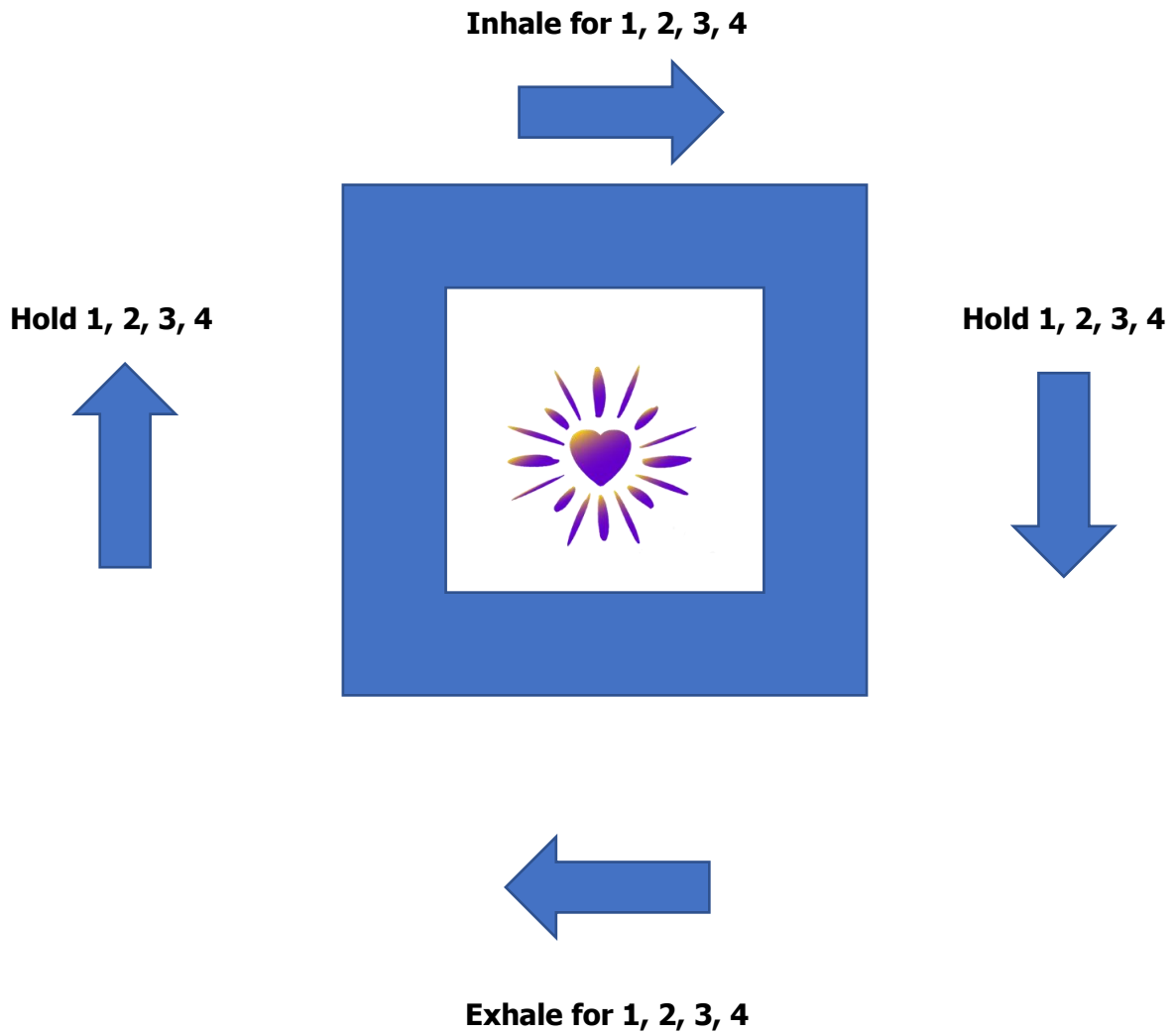


Breathing Exercise 1



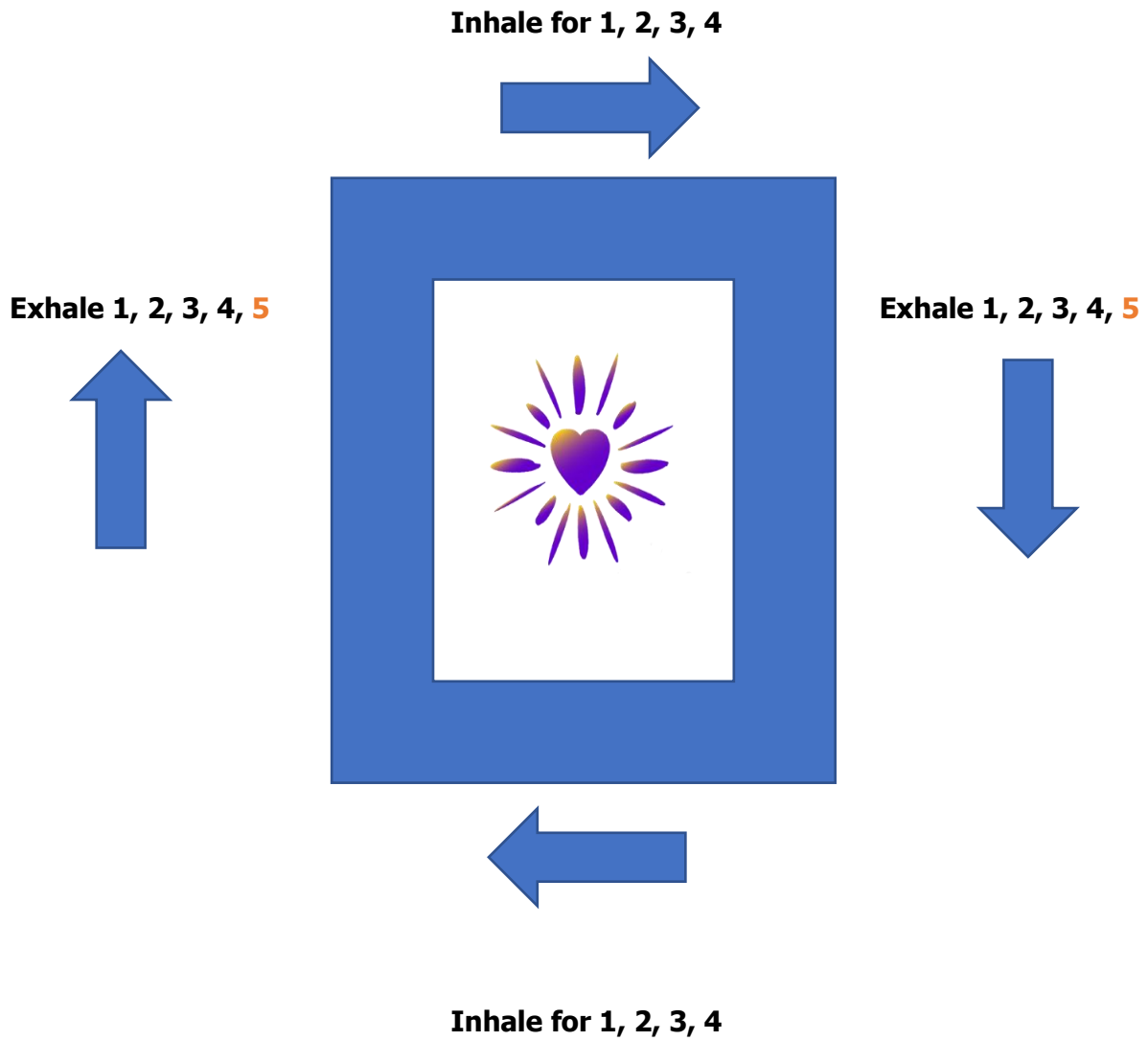


Breathing Exercise 2





Breathing Exercise 3: turn your box into a rectangle by adding an extra second on the end.

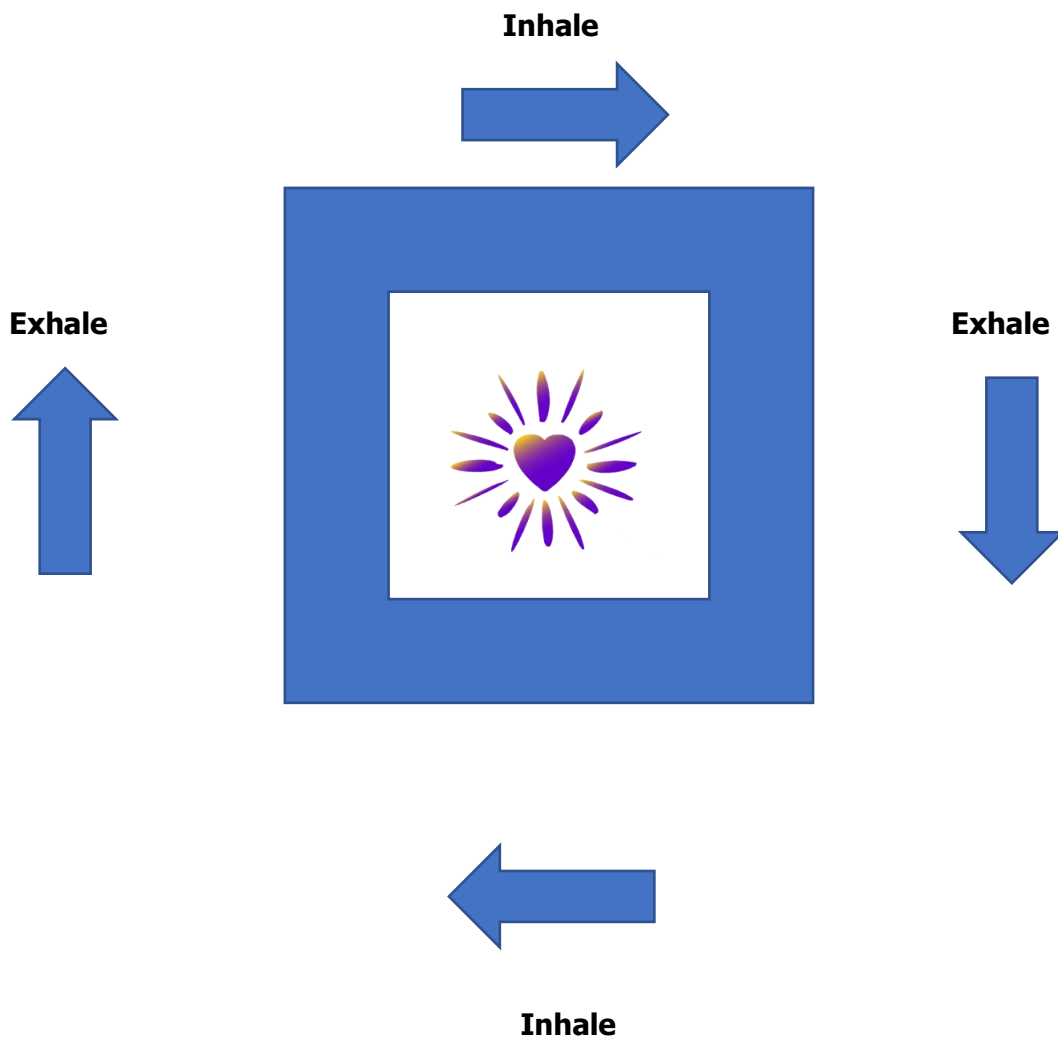




Breathing Exercise 4: add a colour.

Inhale the colour that represents what you need now e.g. peace, calm, relaxation, love etc

Exhale the colour that you represent what you need to release for the body e.g. stress, pain, tension, a situation or annoyance.

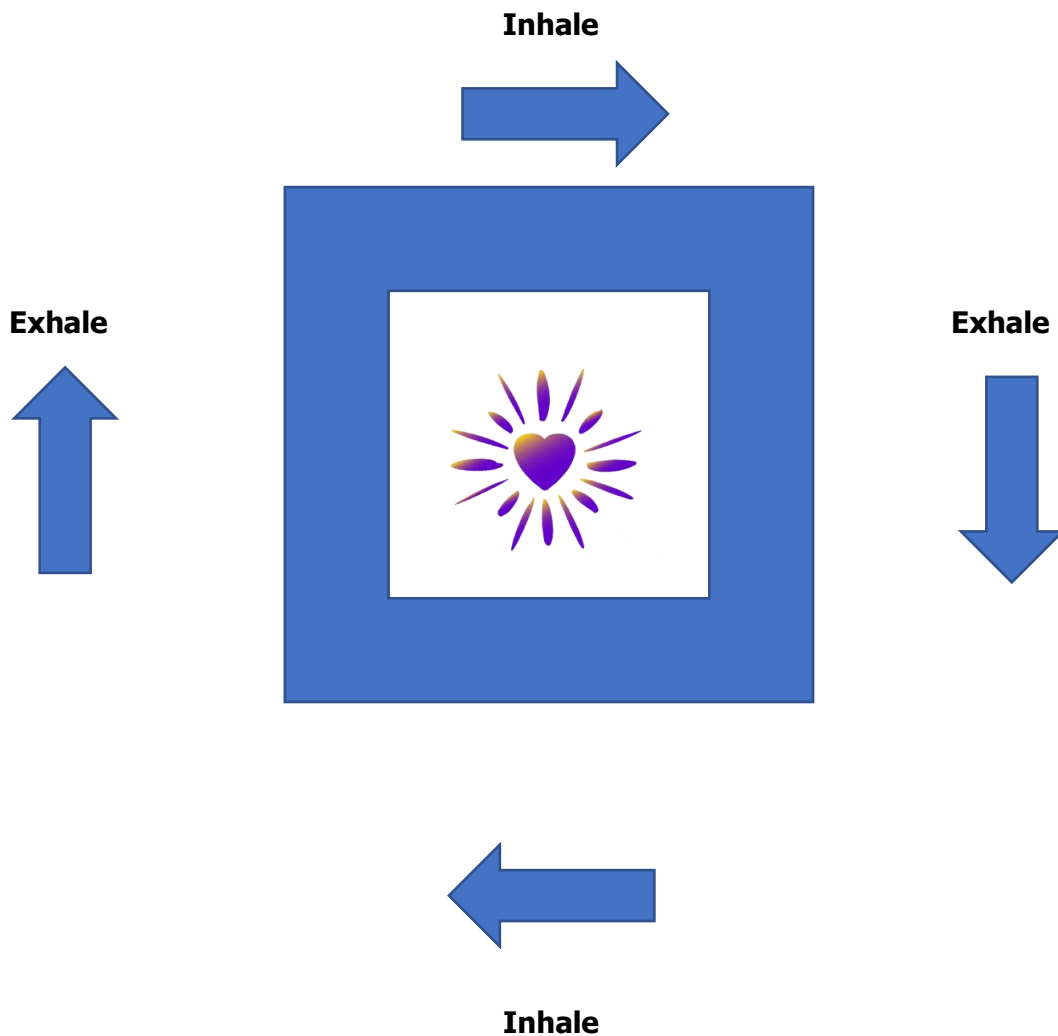




Breathing Exercise 5: add your affirmation on a four-syllable count or use words that are an expression of what you are feeling. Then can be said on the in breath and out breath or just the in breath or just the out breath, It is up to you!

Here are some ideas:

- Relax yourself
- Peace
- Let is gooooo
- Be calmmmmm
- This will pass
- Motivation
- I feel stilllllll
- Releasssse
- Breathe





Breathing Exercise 6:

