



Square (Box) Breath

Benefits include: Improves concentration. Brings us into the present moment. Balances our nervous system.

Suggested time: 5 - 10 minutes

Method:

Sit comfortably. Ensure the back is straight, but relaxed and your feet flat on the floor. Spend a few moments following your natural breath as it flows in and out. Is it smooth or ragged? Fast or slow? In the chest or in the belly? Don't try to change anything. Just be curious about your breath.

When you are ready, imagine a square in front of your eyes. You are going to follow your breath movements along the edges of the shape.

- Start at the bottom left. Breathe in for a count of 4 as you imagine following the breath up the side of the square.
- Move your awareness along the top edge as you hold your breath for a count of 4.
- Move your awareness down the right side as you breathe out for a count of 4.
- Hold your breath for a count of 4 as you move your awareness along the bottom of the square.

Repeat this sequence. If the mind wanders, gently bring it back to the breath.

*If this is too challenging, hold the breath for a count of 2 at the top and bottom of the square. When you can sustain this for ten minutes, then build up to a ratio of 4:3:4:3. Eventually you will be comfortable with 4:4:4:4. **Breathwork should never be forced or uncomfortable.***

When you are finished, tune into how you are now feeling compared to when you started the exercise.

“Pause. Breathe. Repair the universe, then proceed”

Author Unknown

