

Breathe & Focus Instructions

1. Deep Belly Breathing (Diaphragmatic Breathing)

Instructions:

1. Sit or lie down in a comfortable position. Place one hand on your chest and the other on your belly.
2. Close your eyes and take a slow, deep breath in through your nose, allowing your belly to rise as it fills with air.
3. Hold your breath for a moment.
4. Slowly exhale through your mouth, feeling your belly fall as the air leaves your body.
5. Repeat this process for 5-10 minutes, focusing on the rise and fall of your belly.

2. 4-7-8 Breathing

Instructions:

1. Sit or lie down in a comfortable position and close your eyes.
2. Inhale quietly through your nose for a count of 4.
3. Hold your breath for a count of 7.
4. Exhale completely through your mouth, making a whooshing sound, for a count of 8.
5. Repeat this cycle for 4-8 breaths.

3. Box Breathing (Square Breathing)

Instructions:

1. Sit comfortably with your back straight and close your eyes.
2. Inhale slowly through your nose for a count of 4.
3. Hold your breath for a count of 4.
4. Exhale slowly through your mouth for a count of 4.
5. Hold your breath again for a count of 4.
6. Repeat this cycle for 5-10 minutes.

4. Alternate Nostril Breathing (Nadi Shodhana)

Instructions:

1. Sit comfortably with your spine straight and close your eyes.
2. Using your right thumb, close your right nostril.
3. Inhale deeply through your left nostril.
4. Close your left nostril with your right ring finger, and release your right nostril.
5. Exhale fully through your right nostril.
6. Inhale deeply through your right nostril.
7. Close your right nostril again with your right thumb, and release your left nostril.
8. Exhale fully through your left nostril.
9. Repeat this cycle for 5-10 minutes.

5. Pursed Lip Breathing

Instructions:

1. Sit comfortably and relax your neck and shoulders.
2. Inhale slowly through your nose for a count of 2, keeping your mouth closed.
3. Purse your lips as if you were going to whistle.

4. Exhale slowly and gently through your pursed lips for a count of 4.
5. Repeat for 5-10 minutes.

6. Lion's Breath (Simhasana)

Instructions:

1. Sit comfortably, either cross-legged or on your knees with your buttocks resting on your heels.
2. Place your hands on your knees and spread your fingers wide.
3. Inhale deeply through your nose.
4. Open your mouth wide and stick out your tongue, stretching it down towards your chin.
5. Exhale forcefully with a "ha" sound, expelling all the air from your lungs.
6. Repeat for 5-7 breaths.

7. 3-Part Breath (Dirga Pranayama)

Instructions:

1. Sit or lie down in a comfortable position and close your eyes.
2. Place one hand on your belly and one hand on your chest.
3. Inhale deeply through your nose, filling your lower belly first, then your chest, and finally your upper chest.
4. Exhale completely through your nose, releasing the breath from your upper chest, then your chest, and finally your lower belly.
5. Continue this wave-like breathing for 5-10 minutes.

8. Resonant or Coherent Breathing

Instructions:

1. Sit or lie down comfortably and close your eyes.
2. Inhale slowly through your nose for a count of 5.
3. Exhale slowly through your nose for a count of 5.
4. Maintain this steady rhythm for 10-20 minutes.

9. Sitali Breath (Cooling Breath)

Instructions:

1. Sit comfortably with your spine straight and close your eyes.
2. Stick your tongue out and roll the sides of your tongue up (if you can).
3. Inhale deeply through your rolled tongue.
4. Close your mouth and exhale slowly through your nose.
5. Repeat for 5-10 minutes.

10. Mindful Breathing

Instructions:

1. Sit comfortably with your back straight and close your eyes.
2. Take a deep breath in through your nose, focusing on the sensation of the air entering your nostrils.
3. Exhale slowly through your mouth, paying attention to the feeling of the air leaving your body.
4. Continue to breathe naturally, focusing on each breath, for 5-10 minutes.