Three breaths for calm

Simple breathing practices you can do anywhere. Breathe through the nose, keep the body soft, and never strain.

01

IN 4 · HOLD 4 · OUT 4 · HOLD 4

Box breathing

1. Breathe in for a count of 4.
2. Hold gently for 4.
3. Breathe out for 4.
4. Hold for 4, then repeat for 4 rounds.

Good for: steadying yourself before a busy or stressful moment.

02

IN 4 · OUT 6

Longer out-breath

1. Breathe in through the nose for a count of 4.
2. Breathe out slowly for a count of 6.
3. Continue for about 5 minutes.

Good for: winding down in the evening or before sleep.

03

NADI SHODHANA · 5 TO 10 ROUNDS

Alternate-nostril breathing

1. Sit tall. Close your right nostril with your right thumb and breathe in through the left.
2. Close the left nostril with your ring finger, release the thumb and breathe out through the right.
3. Breathe in through the right, close it, and breathe out through the left. That is one round.

Good for: a gentle, balanced feeling before meditation.

Take care. Stop if you feel dizzy or uncomfortable and breathe normally. Skip the breath holds if you are pregnant or have high blood pressure, a heart or lung condition, and check with a health professional before starting new breathing practices.

General wellbeing information, not medical advice. Practise within your comfort.