Box Breathing

Box breathing is a powerful breathwork technique that promotes focus, relaxation, and stress reduction. It can be practiced while stretching, commuting, or walking.

*If Dizziness or Light-headedness happens, stop and return to normal breathing.*

**Steps**

1. Find a Comfortable Position

* Sit upright or lie down in a relaxed position.
* Keep your shoulders relaxed and spine straight.

1. Inhale Through Your Nose (4 Seconds)

* Breathe in slowly and deeply through your nose for a count of 4.
* Feel your belly expand as you fill your lungs.

1. Hold Your Breath (4 Seconds)

* Gently hold your breath for 4 seconds.
* Avoid tensing your body—stay relaxed.

1. Exhale Slowly Through Your Mouth (4 Seconds)

* Breathe out slowly and completely through your mouth for 4 seconds.
* Feel your body releasing tension with the exhale.

1. Hold Again (4 Seconds)

* Pause for another 4 seconds before your next inhale.
* Maintain calmness and stillness.

1. Repeat for 5–10 Minutes

* Continue the cycle for several rounds until you feel relaxed and centered.

**Tips:**

* Start Slow – Begin with a 3-second count and work up to 4 or more.
* Focus on the Breath – Count silently to stay engaged.
* Practice in a Quiet Space – Fewer distractions help deepen relaxation.