

# therapeutic breathing practices

Various breathing practices are known to calm our nervous system and reduce nervousness and anxiety. Here are four that you can try:

## *breath moving*

Breathe in, imagining your breath moving to the top of your head.  
Breathe out, imagining your breath moving to the base of your spine.  
Each time you breathe in, move the breath to the top of the head.  
Each time you breathe out, move the breath to the base of the spine.  
Repeat for ten cycles.

## *coherent breathing*

Inhale for 6 seconds.  
Exhale for 6 seconds.  
Repeat.  
A single breath takes about 12 seconds for 5 breaths per minute.  
Repeat for ten cycles.

## *bhramari pranayama*

Plug ears with your index fingers or ear plugs.  
Inhale slowly and deeply.  
Exhale slowly making a humming sound.  
Listen to the sound reverberate in your head.  
Repeat for ten cycles.

## *square breathing*

Inhale slowly counting to four.  
Hold breath in for count of four.  
Exhale for four.  
Hold breath out for count of four.  
Repeat for ten cycles.

breath out and release anything that no longer serves you