

Mindful Breathing Exercises



Relaxing breathing techniques you can enjoy in nature

4-7-8 Breathing Technique

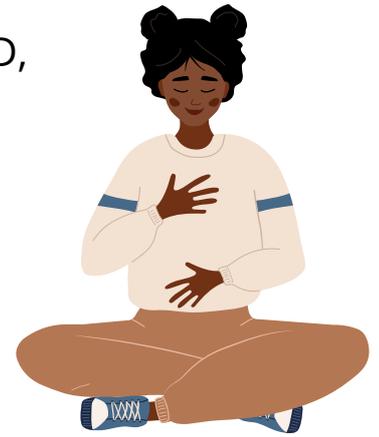
If you have a respiratory condition, such as asthma or COPD, consider checking with your doctor before beginning, as this could aggravate your symptoms.

Allow your lips to gently part.

Exhale completely, making a breathy whoosh sound as you do. Press your lips together as you silently inhale through the nose for a count of 4 seconds.

Hold your breath for a count of 7.

Exhale again for a full 8 seconds, making a whooshing sound throughout. Repeat 4 times when you first start. Eventually work up to 8 repetitions.



Dr. Andrew Weil developed this technique as a variation of pranayama, an ancient yogic technique that helps people relax as it replenishes oxygen in the body.

Three-part Breathing Exercise

Take a long, deep inhale.

Exhale fully while focusing intently on your body and how it feels.

After doing this a few times, slow down your exhale so that it's twice as long as your inhale.

