

BREATHWORK GUIDE

-THE COUNTED BREATH-

Counted Breathwork is the practice of assigning counts (or seconds) to the length of our inhales, exhales, or breath holds. Depending on the pattern, the practice can help relax you, energize you or simply bring you balance.

TO USE: Begin by noticing your breath. Pay attention to the inhale - air moving into your body, and the exhale - air moving out of the body. Start to assign the counts below to practice different patterns and see what works best for you.

Inhale	Hold	Exhale	Hold	Effect
4	0	8	0	Relaxing
3	3	3	0	Relaxing
6	0	6	0	Balance
4	4	4	4	Balance
8	0	4	0	Energizing
6	0	4	0	Energizing

*Always listen to your body and go with what feels best for you. Breathwork is an individual practice.

