

SQUARE BREATH

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This breath practice incorporates tactile touch as you trace the four sides of the square while you breathe. You can trace the square on this card, or you can trace the shape of a square on your leg, on your desk, or even in the air.

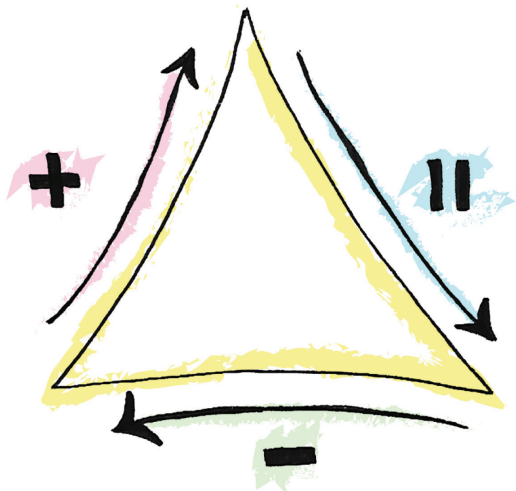
1 • Place your finger on the bottom left corner of the square. Inhale through your nose, and as you do, trace your finger up the left side of the square.

2 • Exhale through your nose and trace your finger across the top of the square.

3 • Inhale through your nose and trace down the right side of the square.

4 • Exhale and trace your finger across the bottom of the square.

5 • Repeat as many times as desired.



TRIANGLE BREATH

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This breath practice incorporates tactile touch as you trace the three sides of the triangle while you breathe. You can trace the triangle on this card, or you can trace the shape of a triangle on your leg, on your desk, or even in the air.

1 • Place your finger on the bottom left corner of the triangle. Breathe in through your nose, and as you do so, trace your finger up the triangle.

2 • Pause and hold your breath. As you hold your inhale, steadily trace your finger down the right side of the triangle.

3 • Exhale through your nose and trace your finger along the bottom edge of the triangle.

4 • Repeat as many times as desired.

NOTE • This practice involves holding your breath for a brief pause between your inhale and your exhale. This is known as breath retention, and it helps increase the mind/body connection because you are disrupting the natural breath pattern of inhales and exhales. This requires focus and awareness. If you are not comfortable with the Pause in this practice, ignore the printed cues and simply inhale and exhale as you trace the sides of the triangle. If you are including the breath retention, try and pace your pause to be the same length of time as your inhales and exhales.

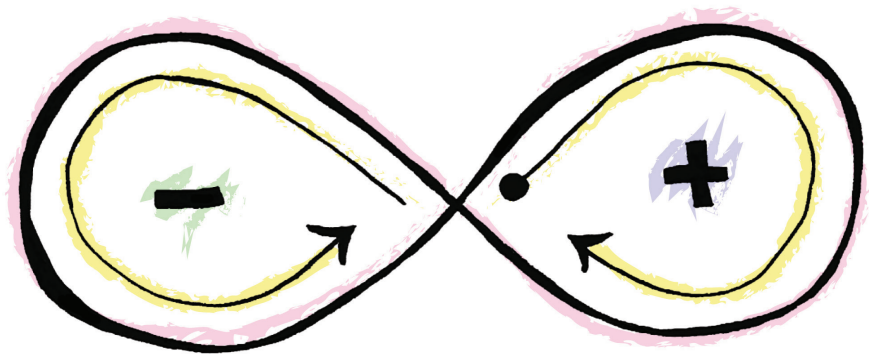


FIGURE EIGHT BREATH

FIGURE EIGHT BREATH

This breath practice incorporates tactile touch as you trace the Figure 8 while you breathe. You can trace the Figure 8 on this card, or you can trace a Figure 8 on your leg, on your desk, or even in the air.

1 • Place your finger in the center of the Figure 8.

2 • Breathe in through your nose and trace the left loop of the Figure 8.

3 • Once you get back to the center of the Figure 8, begin to exhale. As you breathe out, trace the right loop of the Figure 8 with your finger.

4 • When you return to the center of the Figure 8, breathe in again and trace the left loop.

5 • When you get to the center, exhale and trace the right loop of the Figure 8.

6 • Continue to breathe in and out through your nose as you fluidly trace the Figure 8. Repeat.

NOTE • The repeated action of tracing a Figure 8 is very calming. Simply making the movement of tracing a Figure 8 with your eyes is known to ease anxiety and decrease stress. Tracing a Figure 8 helps increase connections between the two hemispheres of the brain because it crosses the midline.