

# Conscious Breathing: A Practice to Reset, Reconnect, and Restore

Begin by finding a comfortable seat with your spine straight or lie on your back with knees bent and feet flat.

A long spine is key to breath flow.

1. SIGH: Let out a big audible exhale to release tension.
2. INHALE: Breathe in slowly through your nose. Feel your ribs expand. Let the breath fill your belly, ribs, and chest.
3. EXHALE: Let the breath out through your nose even more slowly. Try to make the exhale longer than your inhale.
4. OBSERVE: Place one hand on your heart and one on your belly. Feel the rise and fall. Notice where the breath moves. Don't force it-just witness.
5. LENGTHEN: At the bottom of your exhale, push out a little more air. This clears space for your next full inhale.
6. RHYTHM: Try a pattern like 5-count inhale, 7-count exhale. Do this for 3-5 minutes.

## Helpful Tips:

- Always breathe through your nose when possible.
- Relax your jaw, shoulders, and stomach.
- Breathe slowly and evenly, like gentle waves.
- Let your breath anchor you back to the moment.

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Use this simple breath anytime you need to reconnect, reset, or restore.