



Connecting our community with activities.

PROJECT: 103

Box Breathing

DETAILS:

This is a calming pranayama (breath practice) that's also known as "box breathing." This breath calms the nervous system and brings a sense of ease through the body/mind.

1. Find a quiet and comfy spot
2. Inhale for the count of 4
3. Hold for the count of 4
4. Exhale for the count of 4
5. Hold for the count of 4
6. Repeat 2 - 5 until calm
7. Color in Sheet 2 and post in a spot to remind you to take deep breaths

YOU'LL NEED:

- A quiet moment
- Coloring utensils

CONNECTING WITH:

LIZ REYNOLDS YOGA | *Vari-Move*

Check out her online classes, Vari-Move, and the current special is \$6 for the first month if enrolled before March 31st. (regular is \$16) <https://liz-reynolds-yoga.teachable.com/p/vari-move-online-membership/>



INHALE 4 SECONDS



HOLD 4 SECONDS

HOLD 4 SECONDS

EXHALE 4 SECONDS

