



Square Breathing

Sit down in a comfortable position with your spine straight.

Step	Breathing
1	Bring awareness to your breath for a few cycles.
2	Start doing a few cycles of deep breathing.
3	Imagine a square.
4	As you inhale, count up to 4 imagining that with each count you go up one side of the square.
5	Hold your breath for 4 counts as you imagine going through the top of the square.
6	Exhale counting up to 4 as you picture going down the other side of the square.
7	Hold your breath for 4 counts as you imagine going through the base of the square.
8	Repeat this cycle for a few minutes

What was easy and challenging about this activity?

After the exercise how relaxed are you feeling on a scale of 1-10 and why?

1 2 3 4 5 6 7 8 9 10

What perspectives have you been thinking about?
