

# Breathing Techniques

Breathing exercises can help you lower your blood pressure, increase oxygen intake, reduce depression and anxiety, and even control your internal body temperature. Here are 4 different breathing exercises to help you get started. **Give it a try!**

## Box Breath

Inhale big for 5 counts.  
Hold for a count of 5.  
Exhale slowly for a count of 5.  
4-5 rounds.

## Warrior Breath

Inhale/exhale no pause 21 times - this super oxygenates the system.  
At the end of the 21 breaths implement the Box Breath for 4 to 5 rounds.

## 2-7-8 Breathing

Inhale for 2.  
Hold for 7.  
Exhale for 8.

## Journey Breath

20-30 min of breathing with holds of 3-4 minutes.  
Be sure to seek supervised professional guidance before trying this.  
Not recommended more than once per week.



It's what we do

Q1LE20\_BudNY\_Breathe