

# 7 Breathing Techniques to Help You Breathe Better, Relieve Stress, and Relax.

1. Breathe evenly, slowly, and as deeply as possible. When you have done so three times both in and out, hold on the in sequence for a full 5 seconds. Then let all the breath out as slowly as possible for 10 seconds. Repeat 3 times.
2. Breathe in 3 times rapidly. Take in as much air as possible. On the 3rd time you should have the maximum amount of air the lungs can hold. Breathe out slowly, expelling one-half the air in the lungs. Hold for 2 seconds and slowly release the remainder of the air. Repeat 3 times.
3. Take 3 quick gasps of air on the in sequence. In one even and slow breath, let the air escape. The lungs should be completely empty. Repeat the exercise with one exception - on the 2nd time through when repeating the quick gasps, increase the number to 4. The rest of the exercise will remain the same. On the 3rd and final time repeating the quick gasps, increase to 5. The remainder of the exercise is the same.
4. Breathe evenly and slowly both on the in and out sequences. Take a full 10 seconds on both the in and out sequence. Repeat as many times as personally necessary to reach a state of relaxation.
5. Breathe shallow and quickly, 10 times on the in sequence. The lungs should be expanded and completely full of air. The 2nd half of this exercise is performed in a reverse manner. While breathing shallow and quickly, let the breath out 10 times before finishing. All the air should be forced from the lungs. Repeat 2 times.
6. Breathe evenly and deeply on the in sequence taking a full 4 seconds. Make sure the lungs become full. Reverse the process, taking a full 4 seconds on the out sequence. The lungs should be empty. Repeat for 3 minutes. Do this to prepare for the next exercise.
7. Pant on both the in and out sequence, making sure that on the in sequence the lungs are full of air, while on the out sequence only half the air is expelled. Repeat until dizzy. Immediately upon this sensation, the breath is held on the in sequence for 10 seconds. Expel all the air from the lungs. At this point it is normal to feel slightly disoriented or lightheaded. To regain normalcy, perform breathing exercise number 4. When this has been completed lie down, preferably spread eagle (helps circulation) with your head tilted, your chin pointed at the ceiling. Repeat no more than 3 - 5 minutes.

**IMPORTANT:** Before doing any strenuous breathing exercises, check with your doctor for a complete physical, with special attention to your heart and lungs.

