

## **Calm & Connect**

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### 4-2-6 Breathing

Sit in a comfortable, relaxed, upright position.

Close your eyes or have them at half mast.

On your own count inhale for a count of 4.

Hold for a count of 2.

Exhale for a count of 6.

Repeat for 2 minutes or longer, for as long as suits you. This can easily be made into a meditation as your focus will naturally be on your breath.

Aim: To be taking full, not strained, breaths and exhalations.

Benefits: Calm your central nervous system.

Precautions: If you have any health concerns that seem incompatible with controlling your breathing in any way, consult a doctor and follow your doctor's recommendation.



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