

## **Calm & Connect**

by Aurora Johansson

### Sama Vritti (Equal Breath)

Sit in a comfortable, relaxed, upright position.  
Close your eyes or have them at half mast.

All through your nose, breathe in for a calm count of 4,  
then breath out for a count of 4.

Repeat for 2 minutes or as long as suits you.

Once you've allowed your breath to return to normal, take a minute or 2 to  
observe any changes in the energy or calm effects you feel within your body.

Benefits: reduce stress, soothe, calm, reduce anxiety

Precautions: If you have breathing or blood pressure-related health conditions,  
consult your doctor before trying this exercise.



**INSIDE PASSAGE LAW\***  
FOR MINDFUL DISPUTE RESOLUTION

[www.insidepassagelaw.ca](http://www.insidepassagelaw.ca)  
[info@insidepassagelaw.ca](mailto:info@insidepassagelaw.ca)  
778-215-5907