

## **Breathwork Exercise Guide (Day 1)**

**Instructions:** Follow these simple breathing exercises to help center your mind and body.

### **1. Box Breathing (4-4-4-4 Method)**

- ✓ Inhale through your nose for **4 seconds**
- ✓ Hold the breath for **4 seconds**
- ✓ Exhale slowly through your mouth for **4 seconds**
- ✓ Hold again for **4 seconds**
- ✓ Repeat for 4–5 cycles
- ◆ **Best for:** Calming anxiety, grounding yourself

### **2. 5-Second Deep Breathing**

- ✓ Inhale deeply for **5 seconds**, filling your lungs completely
- ✓ Hold your breath for **5 seconds**
- ✓ Exhale slowly through your mouth for **5 seconds**
- ✓ Repeat 5–10 times
- ◆ **Best for:** Relaxation, relieving stress

### **3. Alternate Nostril Breathing**

- ✓ Close your right nostril with your thumb and inhale through your left nostril
- ✓ Close your left nostril with your ring finger and exhale through your right nostril
- ✓ Inhale through your right nostril, close it, and exhale through your left
- ✓ Repeat for 5–10 cycles
- ◆ **Best for:** Mental clarity, balancing emotions