

Three Breathing Techniques



Sama or Equal Breathing

1. Inhale through your nose for 4 – 8 second
2. Exhale through your nose for 4 – 8 seconds

Goal: Calm the nervous system, increase focus, and reduce stress



Abdominal Breathing

1. Place one hand on your chest and the other on your stomach
2. Slowly inhale and exhale through your nose 6 – 10 times per minute, inflating your belly (not chest)

Goal: Reduce your heart rate and blood pressure



Progressive Breathing

1. Close your eyes and maintain deep, slow breaths through your nose
2. Tense and relax each muscle group for 2 – 3 seconds: toes and feet, calves, knees, thighs, glutes, abdomen, chest, arms, hands, neck, jaw, and eyes

Goal: Nix tension from head to toe