

## SQUARE-BREATHING (4 MINUTES)



### Instructions

- Sit comfortably.
- Lower your shoulders.
- Look at a square form — or visualize one with your eyes closed.

#### Step-by-Step Breathing Pattern:

1. Breathe in while counting to 4.
2. Let your eyes wander up the left side of the square.
3. Hold your breath while counting to 4.
4. Let your eyes run across the top of the square.
5. Breathe out while counting to 4.
6. Let your eyes run down the right side of the square.
7. Hold your breath while counting to 4.
8. Let your eyes run along the bottom of the square.

🔄 Repeat this cycle 4 times.