



Four breathing exercises

Equal breathing

Find a breath length that is not too easy and not too difficult. Usually, this is between three and five counts.

1. Choose a comfortable seated position.
2. Breathe in and out through your nose. Count during each inhale and exhale to make sure they are even in duration.
3. You can add a slight pause after each inhale and exhale if you feel comfortable. Continue practicing this breath for at least five minutes.

4-7-8 breathing

1. Begin by sitting or lying down in a comfortable position. Your eyes can be open or closed. Press the tip of your tongue to the roof of your mouth, slightly open your mouth, and exhale until you reach the bottom of your breath.
2. Close your mouth and quietly inhale through your nose for four counts. Then hold your breath for seven counts. Exhale very slowly so that it takes a total of eight counts to return to the bottom of your breath.
3. Repeat for four full breaths and work your way up to eight breaths over time.

Alternate nostril breathing

This is best practiced on an empty stomach. Avoid the practice if you're feeling sick or congested.

1. Choose a comfortable seated position.
2. Lift your right hand toward your nose, pressing your first and middle fingers toward your palm and leaving your other fingers extended.
3. After an exhale, use your right thumb to gently close your right nostril.
4. Inhale through your left nostril and then close your left nostril with your right pinky and ring fingers.
5. Release your thumb and exhale out through your right nostril.
6. Inhale through your right nostril and then close this nostril.
7. Release your fingers to open your left nostril and exhale through this side. This is one cycle.
8. Continue this breathing pattern for up to five minutes.
9. Finish your cycle with an exhale on the left side.

Ocean breath

1. Sit tall with your shoulders relaxed away from your ears and close your eyes. To prepare, become aware of your breath without trying to control it at all. Then begin to inhale and exhale through your mouth if you have been breathing through your nose.
2. Bring your awareness to your throat. On your exhales, begin to tone the back of your throat slightly constricting the passage of air. Imagine that you are fogging up a pair of glasses. You should hear a soft hissing sound.
3. Once you are comfortable with the exhale, begin to apply the same contraction of the throat to the inhales. You should, once again, hear a soft hissing sound. This is where the name of the breath comes from: it sounds like the ocean.
4. When you can control the throat on both the inhale and exhale, close the mouth and begin breathing through the nose. Direct the breath to travel over your vocal cords, across the back of your throat. Keep your mouth closed, but your lips soft. Continue applying the same toning to the throat that you did when the mouth was open. The breath will still make a noise coming in and out of the nose.

Source: [healthline.com](https://www.healthline.com)*, [greatest.com](https://www.greatest.com)*, [verywellfit.com](https://www.verywellfit.com)*