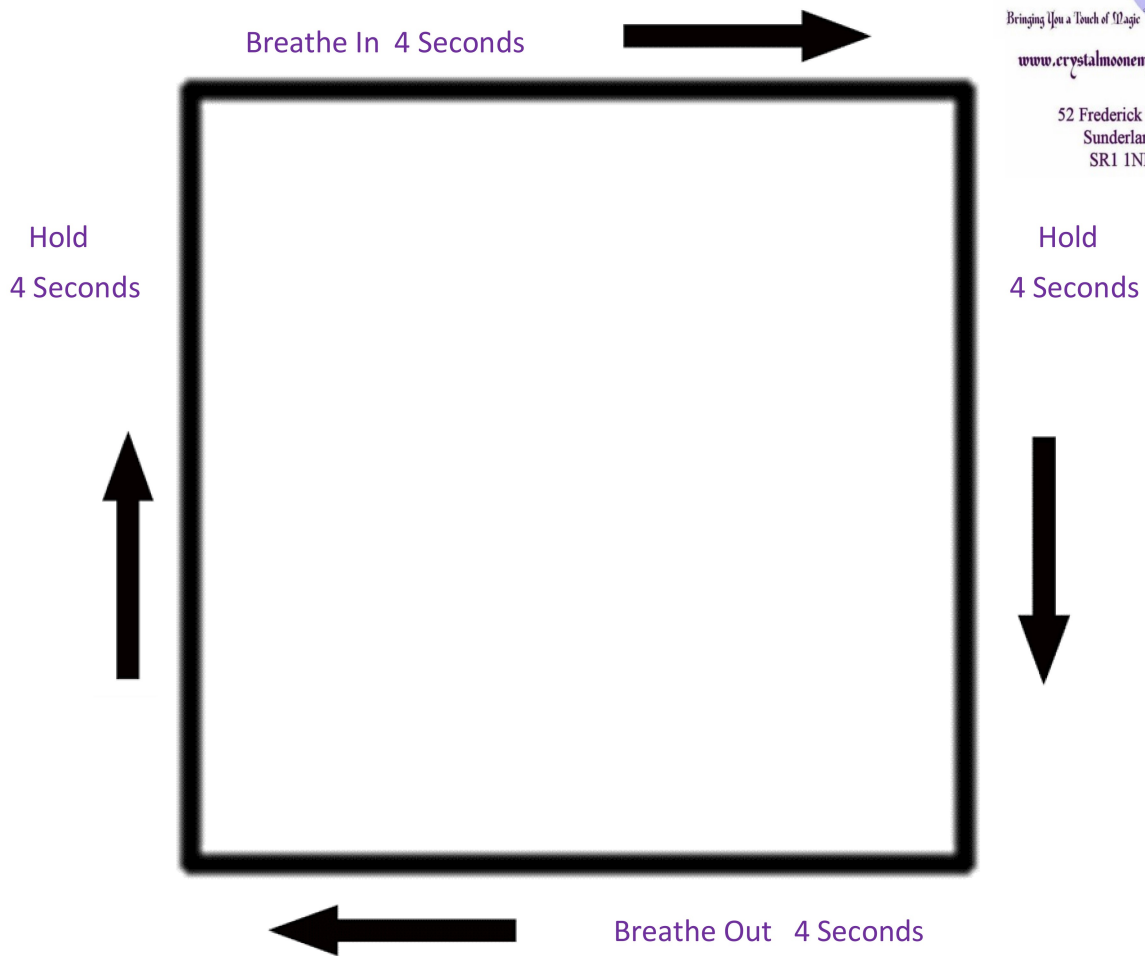


Simple breathing techniques to add to your “toolkit”

Box Breathing:



52 Frederick Street
Sunderland
SR1 1NF

Recommended way to enjoy Box Breathing:

Sit comfortably with your back straight and comfortable, with feet on the floor and legs uncrossed, if possible close your eyes.

Breathe in slowly through your nose, count to 4.

Hold your breath for the count of 4.

Slowly exhale through your mouth, breath out for 4 seconds.

Hold your breath for 4 seconds.

Repeat these steps a couple of times until a feeling of calm or longer if you need or can.

Stop before you feel lightheaded.

If this is challenging, you may begin with 3 seconds and repeating twice. Then build to the above.

Said to improve sleep, reduce anxiety and stress, reduce pain, cleanse lungs, also said to help concentration, aid meditation and increase performance. This is said to help with emotional wellbeing, physical health and mental health.

This can be helpful to bring balance to your Mind, Body and Spirit.

Blessings from the Crystal Moon team