



## Deep Breathing Exercises

(Source: Dr. Weil, [www.drweil.com](http://www.drweil.com))

### <sup>35</sup>/<sub>17</sub> **Stimulating Breath:**

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed.
- Try for three in-and-out breath cycles per second.
- Start with 15 seconds, then work up to 60 seconds, increasing exercise by 5 seconds each time you practice.

### <sup>35</sup>/<sub>17</sub> **Relaxing Breath:**

- Exhale completely through your mouth
- Inhale through your nose to a count of four
- Hold your breath for a count of seven
- Exhale completely through your mouth to a count of eight
- This is one breath. Inhale again and repeat the cycle three more times for a total of four breaths.

### <sup>35</sup>/<sub>17</sub> **Breath Counting:**

- Count "one" to yourself as you exhale.
- The next time you exhale, count "two," and so on up to "five." Then begin a new cycle.
- Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19."
- Practice for 10 minutes each session



**Contact me to schedule an appointment:  
970-203-9540**