

<h3>Diaphragmatic Breathing</h3>	<h3>4-7-8 Breathing</h3>	<h3>Square Breathing</h3>	<h3>Doubling the Exhale</h3>																
<p>Take a series of deep breaths, inhaling slowly through your nose allowing the air to fill your stomach (<i>pretend you are smelling a flower</i>).</p> <p>Gently restrict the flow of air with your throat, tongue, or lips as you slowly exhale (<i>pretend you are blowing out a candle</i>).</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inhale into your stomach for 4 seconds.</li> <li><input type="checkbox"/> Hold your breath for 7 seconds.</li> <li><input type="checkbox"/> Exhale slowly for 8 seconds.</li> <li><input type="checkbox"/> Repeat 3 times.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inhale for 4 seconds.</li> <li><input type="checkbox"/> Hold for 4 seconds.</li> <li><input type="checkbox"/> Exhale for 4 seconds.</li> <li><input type="checkbox"/> Hold the empty for 4 seconds.</li> <li><input type="checkbox"/> Repeat 4 times.</li> </ul>	<table border="0"> <thead> <tr> <th style="text-decoration: underline;">Inhale</th> <th style="text-decoration: underline;">Exhale</th> </tr> </thead> <tbody> <tr> <td>2 sec.</td> <td>4 sec.</td> </tr> <tr> <td>3 sec.</td> <td>6 sec.</td> </tr> <tr> <td>4 sec.</td> <td>8 sec.</td> </tr> <tr> <td>5 sec.</td> <td>10 sec.</td> </tr> <tr> <td>6 sec.</td> <td>12 sec.</td> </tr> <tr> <td>7 sec.</td> <td>14 sec.</td> </tr> <tr> <td>8 sec.</td> <td>16 sec.</td> </tr> </tbody> </table>	Inhale	Exhale	2 sec.	4 sec.	3 sec.	6 sec.	4 sec.	8 sec.	5 sec.	10 sec.	6 sec.	12 sec.	7 sec.	14 sec.	8 sec.	16 sec.
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