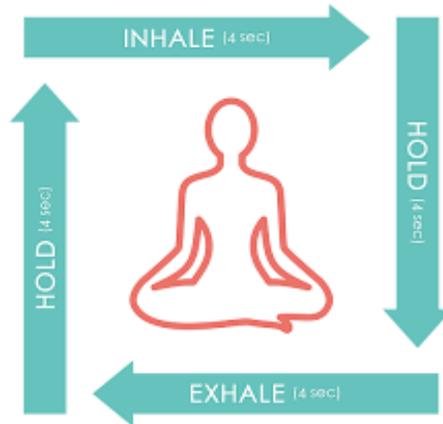


Box Breathing

This is a simple strategy that is used in emergency medicine or any stressful situation. While very simple, it is highly effective in stimulating the parasympathetic nervous system.

In yogic breathing Sama Vritti Pranayama is a technique that lets us consciously incorporate longer breath retention in our natural breathing process. *Sama* is a Sanskrit term that means “Equal” and “*Vritti*” means “Flow” or “Wave”. Sama Vritti Pranayama is specially designed to regulate equal breathing so our respiratory system will work without any strain. It’s also called **box & square breathing** as its representation becomes easy using a square box.



You will simply count to four for each inhale, hold for four seconds, exhale to a count of four, hold for four seconds and begin again. Eventually the practice becomes entirely kinesthetic and the counting will become irrelevant. It is called box (or sometimes square) breathing because we imagine each part of the breath to be a side of the box.

Find a comfortable position, and quietly observe your breathing.

In preparation to begin, slowly exhale all of the air out of your lungs. Now you can begin.

- Inhale slowly and deeply through your nose to the count of four. Count very slowly, inhaling through your nose, feeling your lungs fill up completely with air, 1-2-3-4
- When your lungs are full, hold your breath for another slow count of four, 1-2-3-4
- Slowly begin to exhale through your mouth for the same slow count of four, feeling the air being released from your lungs, 1-2-3-4
- Hold your breath in this space for a count of four. (This should feel comfortable, not like you are having to hold your breath to avoid gasping for air) 1-2-3-4
- Then, begin again.

Continue in the same manner for ~ 7-8 cycles & feel the calmness it brings.