

BREATH AWARENESS

*Discover how to
incorporate breath
awareness into your life
as a way to manage
anxiety and stress*



BREATH AND QI

**Did you know that we take 23,000 breaths
each day?**

Breath is the bridge between mind and body.

Qi (prana) is the life energy.

As we breathe in and out, Qi moves.

Whatever stimulates the flow of Qi will heal us.

BENEFITS

"Deep breaths are like little love notes to your body"

-Kelly Rae

Breathing practices calms the mind, regulate the
nervous system and help manage
stress and anxiety

Breath serves as an anchor for the
here and now

BREATH AWARENESS PRACTICE

1. Check your posture

- Focus on the present moment and tune inwards
- Bring your awareness to the physical body
- Relax your shoulders and hands, lengthen your spine
- Gently close your eyes

2. Bring your awareness to the present breath

- The length of your breath
- The depth of your breath
- Which nostril is more open at the moment —right or left?

3. Notice the 4 stages of natural breath

Breathe Out

Short stillness

Short stillness

Breathe In

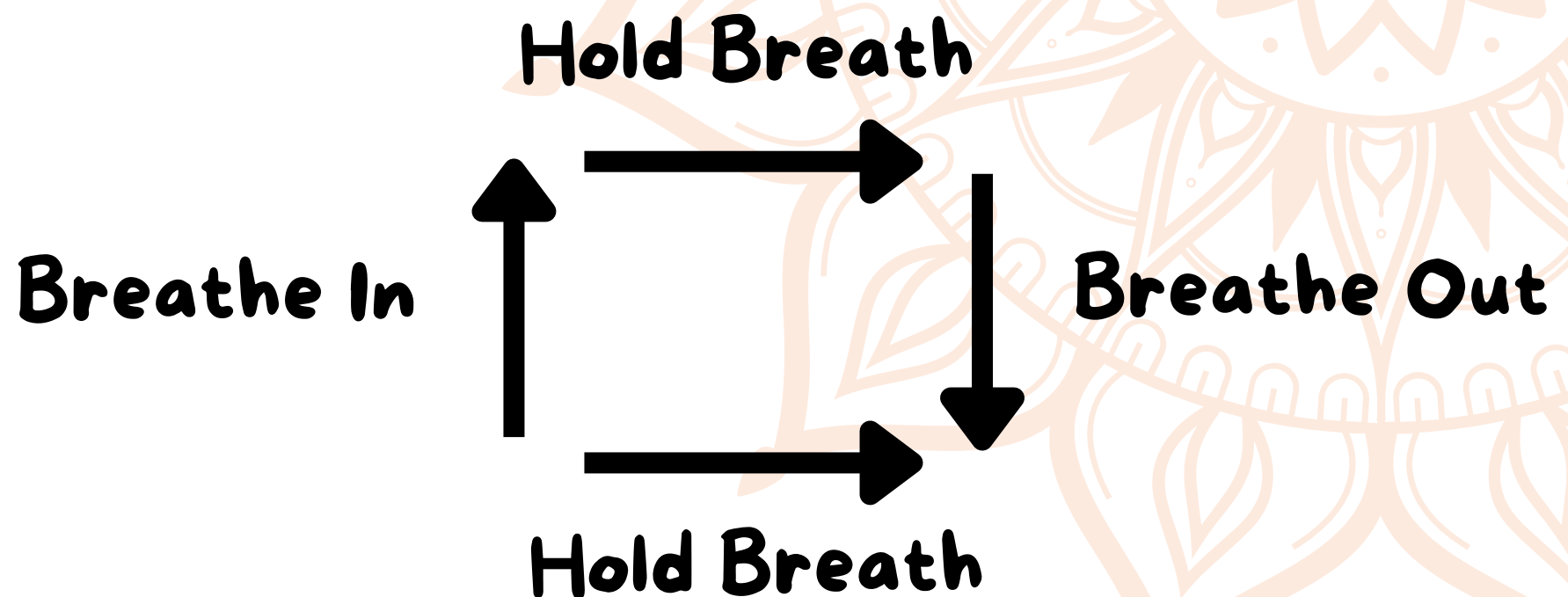
2 EASY BREATHING TECHNIQUES

Technique 1: “4 by 4 (Box) Breathing”

Take deep breaths through your nose for 4 counts, hold for 4 counts.

Exhale for 4 counts, hold for 4 counts.

Repeat until you feel calm.





Technique 2: “Diaphragmatic (Belly) Breathing”

Sit upright or lie down and place your hand on your belly.

Breathe into it.

**Feel your belly expand with each inhale,
and fall with each exhale.**

Repeat until you feel calm.

WOULD YOU LIKE TO LEARN MORE?



**Book a 1:1 session to explore
mindfulness meditation,
Taoist meditation with
healing sounds and learn
how to practice 15 powerful
yogic breathing techniques
for inner balance.**

Bookings at bestedolanay@gmail.com

(Online or in person / English or Turkish)

HolisticWellnessDivya.com

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