

Introduction

Take a moment to pause.

This simple breath practice is designed to help your body move out of stress mode and return to a state of calm.

You can practise it whenever you feel overwhelmed, anxious or disconnected from yourself.

Find a comfortable seated position and allow your breath to become your focus.

The Practice

Close your eyes and take a moment to notice your breath.

Allow your shoulders to soften and your jaw to relax.

Inhale slowly through the nose for a count of **four**.

Allow the breath to expand your belly and chest.

Hold the breath softly for **two seconds**.

Exhale slowly through the mouth for a count of **six**.

Let the body soften as the breath leaves.

Continue this breathing rhythm for **3–5 minutes**.

Allow your body to settle with each breath.

When you feel ready, return to your natural breathing rhythm.

Notice how your body feels.

This simple practice can help bring your nervous system back into balance whenever you need it.

If you would like to explore breathwork more deeply, private somatic breathwork sessions are available.

→ [Explore Breathwork Sessions](#)