



Personal Wellbeing and Self-Care VMware - Summer 2021

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Meditation to practice

BOX Breathing [16 seconds of bliss]

Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds and then we start again.

Imagine 4 equal sides of a **square**; we're inhaling through the nose and exhaling through the mouth. To really empty the lungs. We count 1,2,3,4 inhale, then we hold 1,2,3,4 and then we exhale 1,2,3,4.

Try to picture the square in your mind. Just start with a normal breath and maybe you can start noticing that you can take a deeper breath and a sense of emptying the lungs even longer.

Neurologically, this kind of breathing, is a way to slow things down. It's a great way to calm things down.

Inhale 4 hold, hold 4, exhale 4 and then we start again.

There is a short pause after the exhale, so you don't struggle. Once you feel you are getting into a rhythm see if you can try to lengthen the exhale a little bit.