BREATH COUNTING

COUNTING INDIVIDUAL INHALATIONS AND EXHALATIONS

1 Start with the normal and natural breathing.

2 As you start breathing in start counting at 1. The whole inhalation is counted just once.

3 As you start breathing out you increment the count by 1, it will be 2 now. The whole exhalation is counted just once.

4 As you continue to breathe, your count increases.

5 When you reach 10, reset count to 1.

6 Repeat steps 1 to 5 as long as you want.

Breathing In	Breathing Out	Breathing In	Breathing Out
Restart Silently Count **1**	Silently Count **2**	Silently Count **3**	Silently Count **4**

Silently Count **10**

Silently Count **5**

Breathing Out

Breathing In