



# TAKE A DEEP *breath*

## 4-7-8 BREATHING

Rooted in yoga, this breathing technique is intended to slow your heart rate and calm your mind.

# 4

SECONDS

## INHALE

Breathe in deeply through your nose for 4 seconds.

# 7

SECONDS

## HOLD

Hold your breath for 7 seconds

# 8

SECONDS

## EXHALE

Breathe out through your mouth for 8 seconds

Repeat as many times as you need to calm your mind, relax your body and renew your spirit, which is the foundation for healing.



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HOLISTIC HEALTH & HEALING