

SIMPLYPRESENT

# BREATHING GUIDE

Slow down. You're allowed to.

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**Inhale**

4 sec

**Hold**

4 sec

**Exhale**

4 sec

**Hold**

4 sec

**REPEAT GENTLY FOR A FEW MINUTES**

Let the rhythm stay soft. There is nothing to force.

**AFTER A FEW MINUTES...**

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**ONE WORD FOR THIS MOMENT**

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