

Rectangle Breathing Exercise Instructions

- Begin by setting aside all tasks and thoughts. Give this time to You!
- Starting at the top left corner of the rectangle, inhale and count while moving right for 5 seconds. As you approach the right corner, slowly transition to an exhale count of 6 and move down to the bottom right corner.
- *Notice the corners are rounded for a SMOOTH transition from inhale to exhale: exhale to inhale.*
- Breathe into your belly, not your chest.
- Repeat this process until you return to the top left corner of the rectangle. Complete 3 laps around the rectangle for best results!

