



YOGA ON THE INSIDE

MAKING YOGA PRACTICE
ACCESSIBLE TO **EVERYONE**

THRIVING not SURVIVING



BOX BREATHING

Benefits of box breathing

According to the Mayo Clinic, there's sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system (ANS).

This system **regulates** involuntary body functions such as temperature. It can lower blood pressure and provide an almost immediate sense of calm.

The slow holding of breath allows CO₂ to build up in the blood. An increased blood CO₂ enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.

Box breathing can reduce stress and improve your mood. This makes it an exceptional treatment for conditions such as generalized anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), and depression.

It can also help treat insomnia (poor sleep) by allowing you to calm your nervous system at night before bed. Box breathing can even be efficient at helping with pain management.

5 safety considerations before trying breathing exercises for trauma

1. High blood pressure: Breathwork for healing trauma can bring about intense emotions and feelings that can be very stressful, raising blood pressure levels. That is why it is not recommended for anyone who already suffers from high blood pressure and is not controlling it via medication.
2. History of panic attacks or psychosis: While breathwork can help with anxiousness and other mental distresses, for those with a history of panic attacks or psychosis it is strongly recommended to explore breathwork's healing potential in a safe professional therapeutic setting or in conjunction with therapy.
3. Cardiovascular disease: Anyone with heart irregularities or a history of heart attacks are cautioned against the breathwork exercises for trauma. Due to the quick nature of the breath, it can be too strenuous for those with compromised cardiovascular health.
4. Epilepsy: The rigorous nature of breathwork for healing trauma techniques and the potential for hyperventilation and rapid breathing can increase abnormal brain activity, potentially triggering seizures. That is why breathing to release healing exercises are cautioned against those with epilepsy.
5. Pregnant women: Pregnant women are also advised against stressful breathwork as it risks elevating blood pressure and creating emotional distress, which can cause disruption to the baby.

How to practice BOX BREATHING

Step 1: Slowly exhale

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.

Step 2: Slowly inhale

Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head.

Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.

Step 3: Hold your breath

Hold your breath for another slow count of four

Step 4: Exhale again

Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.

Be conscious of the feeling of the air leaving your lungs.

Step 5: Hold your breath again

Hold your breath for the same slow count of four before repeating this process

