

4 CORNERS BREATHING

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Slow breathing, smiling and simultaneously moving your eyes in four different quadrants activates different parts of the brain, promoting deep relaxation. Start at the left side.

Start Here: Find a rectangle object in your line of vision. Look at the upper left corner.

4
3
2
1

Inhale 1 2 3 4

As your eyes move to the upper right corner, inhale for a count of 4.

Hold

1
2
3
4

Hold & Smile

Exhale for a count of 4 as your eyes move to the lower left corner. Now hold your breath and smile while your eyes return to the upper left corner of the object. Repeat several cycles.

4 3 2 1 Exhale

Hold your breath for a count of 4 as your eyes move to the lower right corner.