Breathe to Center

Calm in 5 Minutes

Three gentle breathing practices for anxious moments and easier sleep.
Pick the one that fits the moment you're in.

Quiet Breath

During the day
5 minutes, sitting

1. Sit tall, close your mouth and breathe through your **nose**.
2. Make each breath in a little smaller and softer, as if you were barely moving the air.
3. A mild wish for more air means it's working. If it grows strong, take one normal breath through your **nose** and carry on.
4. After five minutes, let your breathing return to normal.

Long Exhale

In an anxious moment
2 minutes, anywhere

1. Relax your jaw and let your shoulders drop.
2. Breathe in gently through your **nose** for a count of 4.
3. Breathe out slowly through your **nose** for a count of 6.
4. Repeat about ten times. If that feels like too much, try 3 in and 5 out.

Soften into Sleep

Before sleep
5 minutes, lying in bed

1. Rest one hand on your belly and breathe softly through your **nose**.
2. With each breath out, soften one part of your body: jaw, face, shoulders, arms, hands.
3. Keep moving down to your feet, letting each breath out get a little slower.
4. Still awake? Start again at your jaw.



Want to go further? Let's talk.

I'm Elizabeth Krusen, a Breathwork guide in Richmond, Virginia, and online. Book a free consultation at breathetocenter.com, email elizabeth@breathetocenter.com or call 804-229-2606.

Gentle practice, not medical care. Stop if you feel dizzy. Pregnant or have a health condition? Check with your doctor first.

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