

# SQUARE BREATHING

**Hold for 4**

**Breathe in for 4**

**Breathe out for 4**

- Start at the bottom left of the square.
- Trace your finger up the side breathing in for a count of 4 seconds.
- Hold your breath for 4 seconds.
- Slowly exhale through your mouth for 4 seconds.
- Repeat until you feel re-centered.

**Start  
here**

**Hold for 4**



*The Greenhouse*