

INTERMITTENT BREATHING INSTRUCTIONS

CONDENSED 4-LINE INSTRUCTIONS

01 Inhale deeply for 3 seconds, then hold your breath for 3 seconds.

02 Exhale gently for 3 seconds, and pause again for 3 seconds.

03 Repeat this 4-part breathing cycle slowly for 3–5 minutes.

04 As you breathe, notice your body relaxing and the butterflies easing.