Progressive Exhalation Breathing

Each inhale is for a count of 4

Each exhale lengthens by one each breath

Ex.:

Inhale for 4, Exhale for 4

Inhale for 4, Exhale for 5

Inhale for 4, Exhale for 6…

The goal is to slowly lengthen the exhale as much as possible, but there is no “magic number”

Once your exhale is as slow as is comfortable, continue to breathe in for a count of 4 and out for the longest count attained

Recommend starting with 8-10 breaths per session, building up to a target of 5-10 minutes each session

Stop if you feel uncomfortable or distressed