

# 4-7-8 BREATHING TECHNIQUE

## WHAT IS IT?

The 4-7-8 breathing technique is based on an ancient yogic method called pranayama, which allows you to gain control over your breathing and bring your body into a state of deep relaxation.

1. Inhale

4

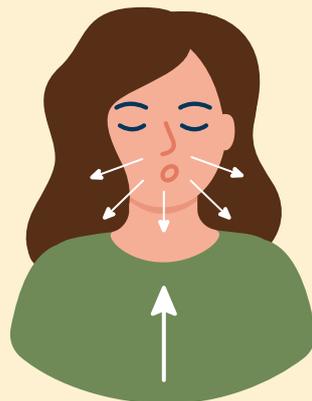
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## HOW TO?

3. Exhale

8

seconds



2. Hold

7

seconds

If you ever find yourself in the midst of a panic attack or overwhelming moments, give this a try!