



Video Transcript

Box Breath For Blissful Balance

Hello and welcome. My name is Rachel. And today we are going to learn and practice the box breath. I have a visual person. And so this breath work is really helpful for me because it gives me some an outer focus. Oftentimes with breath work or meditation,

many of us and myself included can feel anxious about having to be still and clear our minds and worried we won't be able to do that because our minds are so full and moving so fast. So literally, I want you to keep your eyes open during this breathwork and visualize our breath drawing a box.

Okay? So the way it's going to go is you're going to inhale for four counts, hold for four counts, exhale for four counts, etc.

So we inhale, hold, exhale, hold on repeat. So go ahead and find a comfortable seat. Roll your shoulders up, back, and down. And here we go. Inhale,

one, Two, three, four, four,

three, two, one, exhale one. Two,

three, four, four, three, two,

and one. Inhale, one, two, three, and four,

hold four, Three, two, and one, one,

two, three, and four, we're holding four, three, two,

two, and one. Inhale,

and hold,

exhale,

And hold.

Inhale, one, two, three, four, hold.

Exhale. One, two, three, four, hold.

Good,

good inhale one two three and four hold
feeling your body expand on that inhale and then exhale contract your core get all
of that stale air out hold good inhale one two three four Four.
Hold.
Beautiful.
And hold.
Inhale.
Hold.
Exhale.
Good. Inhale.
Hold.
Inhale.
And then just go ahead and close your eyes.
Find your breath
and breathe without expectation.
Inhale without limits.
Give your body permission to exhale fully.
I bring your attention to your shoulders. Allow your shoulders to soften,
to lower.
Allow your forehead to soften.
And then when you're ready, gently, come back into the space. And I want you to
make the commitment to yourself. That when your mind is full of thoughts,
when the to-do list is overwhelming, right? When perhaps your children are all
needing you at the same time. You can just simply begin to breathe.
You can be the calm within the storm, and often as women, we are the ones that
fix it. But we have to be able to be working from a place of fullness and calm
to activate solutions. So give yourself the gift of breath and hopefully you enjoy
your box breath. So here is your box filled with your box breath. Have a beautiful
and blessed day. Again, I'm Rachel and I look forward to breathing and flowing with
you again soon. See you next time.