

Relaxing and calming breathing technique: Count 27

This technique is excellent for

- Helping you drift off to sleep
- Calming a busy mind
- Helping reduce stress and anxiety

Find yourself a quiet place either lying down or seated.

Close your eyes and if you want to place your hand on your belly.

Inhale through your nose and feel your belly rise under your hand. Count in your head 'in 27'.

Exhale through your nose and feel your belly fall. Count in your head 'out 27'

Inhale again and say 'in 26' and then exhale 'out 26'

Keep counting the breath backwards to 1. If your mind wanders at any time, just accept this and return again to 27 and start counting again.

Hopefully you will feel calmer and more relaxed by the time you get to 1. If you need to repeat the technique again from number 27.

I'd love to know how you get on with this technique. Please email me and let me know janine@yoga-wellbeing.co.uk

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