

Square Breathing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=AMZXQ4_X1I8](https://www.youtube.com/watch?v=AMZXQ4_X1I8)
https://www.youtube.com/watch?v=aMzxQ4_X1I8

SUMMARY

The session focuses on a breathing exercise known as square breathing, which promotes relaxation and mindfulness through structured inhalation and exhalation while tracing shapes in the air. Participants are guided to relax their bodies as they breathe, enhancing their overall sense of calm.

- *Square breathing involves inhaling and exhaling while tracing a square shape.*
- *Participants are encouraged to relax their shoulders, jaw, and eyes at each corner of the square.*
- *The exercise is repeated to reinforce the breathing pattern and relaxation.*
- *The session transitions to a trapezoid shape for a variation on the breathing technique.*
- *Emphasis is placed on mindful breathing to reduce stress and promote well-being.*

You're going to do square breathing. So, as you trace your hand, let's make all make a square together. Just make a square in the air. So, we're going to inhale as we go across. And then we're going to inhale through our nose as our belly goes out. Then we're going to exhale slowly the rest of the square. One more time. And we're going to inhale through our nose. Belly goes out. Exhale slowly for the rest of the square. As you hit each corner, you're going to relax your shoulder, your jaw, your eyes. So it goes like this. Ready? Inhale. Exhale. Relax. Shoulder, jaw, eyes. Here we go. Now we're going to do it. Inhale. Exhale. Slowly. Shoulder, jaw, eyes. Oh, you guys are good. Now, we got a trapezoid yet. This is an educational meeting. Okay, we're going to do the same thing with the trapezoid. Ready? Inhale. Exhale. Slowly. Shoulder.

Jaw.
Now I