

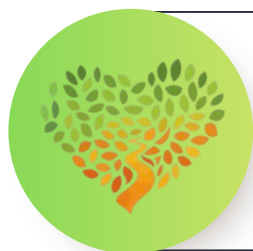


pathways
by engage

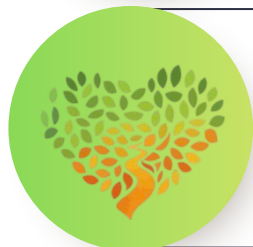
4-7-8 BREATHING

4-7-8 breathing acts as a natural tranquilizer for the nervous system.

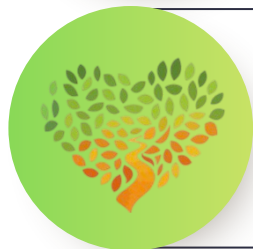
It's especially effective before sleep.



PLACE THE TIP OF YOUR TONGUE AGAINST THE RIDGE BEHIND YOUR UPPER TEETH



EXHALE COMPLETELY THROUGH YOUR MOUTH WITH A WHOOSH SOUND



CLOSE YOUR MOUTH AND INHALE THROUGH YOUR NOSE FOR 4 COUNTS



HOLD FOR 7 COUNTS. EXHALE COMPLETELY THROUGH YOUR MOUTH FOR 8 COUNTS. REPEAT.

NOTE

This technique may cause lightheadedness at first... that's normal. Sit or lie down and don't drive while practicing.

Repeat the cycle 3 times

**If you need additional support,
give us a call at 805-601-6700**