



THE 4-7-8 BREATHING EXERCISE

The 4-7-8 breathing technique (or Calming Breath) is said to have been 'invented' by Dr. Andrew Weil. It is one of the simplest breathing exercises to do. It is based on the ancient yogic technique of pranayama, mentioned in the full document **`Dr AP - BREATHING TECHNIQUES (v).pdf**.

You can practice these breathing techniques anywhere, but I suggest you begin your practice sitting straight in a comfortable chair or lying down on a comfortable but firm surface – you can put a pillow under your knees or knees bent and relaxed (you may need to lean them together – inwardly).

This exercise can act as a natural tranquilizer for an overtaxed nervous system.

5. The 4-7-8 Breathing Exercise

1. To begin, put the tip of your tongue against the tissue just behind your front teeth and keep it there throughout the exercise.
2. Fully exhale through your mouth around your tongue, making a whooshing sound.
3. Then close your mouth and inhale through your nose to a count of 4 / four.
4. Next, hold your breath for a count of 7 / seven.
5. Finally, exhale through your mouth to a count of 8 / eight, making a whooshing sound on the out breath.
6. This counts as 1 / one breath. Repeat 3 / three more times.