



## BREATH: 4 & 8 Breath

**INTENTION-** To help you to get out of fight and flight immediately. When your exhale is even a few counts longer than your inhale, the vagus nerve (running from the neck down through the diaphragm) sends a signal to your brain to turn up your parasympathetic nervous system and turn down your sympathetic nervous system. It is proven when you inhale that your heart rate speeds up slightly and when you exhale the vagus nerve releases a neurotransmitter substance called acetylcholine (ACh) which goes directly to the heart, telling it to slow down. The intention is to make your exhalations longer than the inhalations.

**BENEFITS-** Instantly shifts your bio chemistry and allows you to control your brain waves and your heart rate.

**DESCRIPTION:** Be seated in a tall position so your posture can also dictate the state you're in. Take a slow deep breath in through the nose for a count of 4 seconds and then release the breath slowly for a count of 8 seconds through the mouth. Be sure to expand your belly and allow a even " stretch of the skin" all over.