

# 12 Powerful Breathing Techniques

**Diaphragm Breathing:** Also known as belly breathing, this technique is used to promote relaxation and reduce stress by slowing down the breath and focusing on deep breathing through the diaphragm.

Sit or lie down in a comfortable position. Place one hand on your chest and the other hand on your belly. Breathe in deeply through your nose, filling your belly with air and pushing your hand out. Exhale through your mouth, pushing all the air out of your belly. Repeat for several breaths, focusing on expanding and contracting your belly as you breathe.

**Double-Deep Breath:** This technique is used to promote a quick change in focus and helps reduce feelings of stress and anxiety. It clears the body and blood of carbon dioxide. You should feel a flush of blood (warmth) on the surface of your body after taking this breath.

Sit in a comfortable position with your back straight. Take a deep breath in through your mouth, then suck in hard and put as much more breath on top of it in your lungs as possible. Hold for a count of 4 then exhale through your mouth. Resist the urge to do more than two of these breaths in a row.

**Alternate Nostril Breathing:** This technique is used to balance the mind and body by alternating the flow of air through the nostrils and can help reduce stress and anxiety.

Sit in a comfortable position with your back straight. Use your right thumb to close your right nostril and inhale deeply through your left nostril. Hold your breath for a moment, then use your right ring finger to close your left nostril and exhale through your right nostril. Inhale through your right nostril, hold your breath, then exhale through your left nostril. Repeat for several cycles.

**Box Breathing:** This technique is used to increase focus and reduce anxiety by creating a pattern of breathing that slows down the breath and helps regulate the body's response to stress.

Sit in a comfortable position with your back straight. Breathe in through your nose for a count of four. Hold your breath for a count of four. Exhale through your nose for a count of four. Hold your breath for a count of four. Repeat for several cycles.

**Deep Core Breathing:** This technique is used to increase energy and reduce stress by rapidly exhaling through the nose while contracting the abdomen.

Sit in a comfortable position with your back straight. Take a deep breath in, then forcefully exhale through your nose, contracting your abdomen to push the air out. Inhale passively, letting your abdomen expand. Repeat for several cycles, focusing on the rapid exhales.

**Ocean Breathing:** This technique is used to promote relaxation and focus by breathing through the nose with a slight constriction in the back of the throat, creating a soft "ocean" sound.

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**4-7-8 Breathing:** This technique is used to reduce anxiety and promote relaxation by creating a pattern of breathing that slows down the breath and helps regulate the body’s response to stress.

Sit in a comfortable position with your back straight. Inhale deeply through your nose for four counts. Hold your breath for seven counts. Exhale slowly through your mouth for eight counts. Repeat for several cycles.

**Ramp-Up Breathing:** This technique is used to increase energy and promote focus by creating a pattern of breathing that speeds up the breath and helps with feelings of alertness.

Sit in a comfortable position with your back straight. Breathe in through your nose for a count of four. Exhale through your mouth with a count of two. Repeat for several cycles.

**Ramp-Down Breathing:** This technique is used to reduce anxiety and promote relaxation by creating a pattern of breathing that slows down the breath and helps regulate the body’s response to stress.

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**Lion’s Breath:** This technique is used to release tension and reduce stress by exhaling forcefully through the mouth while sticking out the tongue and making a “roaring” sound.

Sit in a comfortable position with your back straight. Take a deep breath in, then exhale forcefully through your mouth, sticking your tongue out and making a “roaring” sound. Repeat for several cycles.

**Humming Bee Breath:** This technique is used to reduce anxiety and promote relaxation by exhaling through the nose while making a humming sound.

Sit in a comfortable position with your back straight. Take a deep breath in, then exhale through your nose while making a humming sound. Repeat for several cycles.

**Breath of Fire:** This technique is used to increase energy and reduce stress by rapidly inhaling and exhaling through the nose using the diaphragm. It is often used in yoga and meditation practices.

Sit in a comfortable position with your back straight. Rapidly inhale and exhale through your nose, using your diaphragm to pump the air in and out. Repeat for several cycles, focusing on the rapid breaths.