
Air

- **The 4-7-8 Breathing Exercise**
- Sit up straight
- Place the tip of your tongue up against the back of your front teeth. Keep it there through the entire breathing process
- Breathe in silently through your nose to the count of four
- Hold your breath to the count of seven
- Exhale through your mouth to the count of eight, making an audible “woosh” sound
- That completes one full breath. Repeat the cycle another three times, for a total of four breaths

