



## 4-7-8 Breathing

Exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise.

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven.

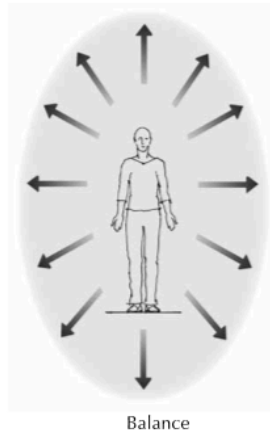
Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important.

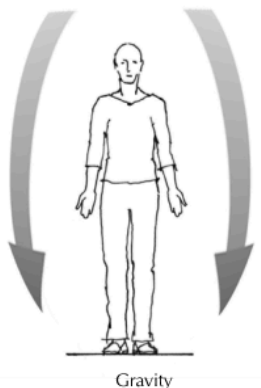
## Uplift Centering



**1. Focus on Breath** – Inhale up and out of the top of your head and lengthen your spine, as you straighten and uplift your posture. Slowly exhale down your front (take twice as long as your inhale) all the way down your front into the earth softening your jaw and shoulders as you go.



**2. Balance Personal Space** – Ask yourself, “Is the back of my personal space, balanced and even with the front of my personal space? Is the left equal to the right? And is above equal to below? Expand your personal space out to fill the room.”



**3. Relate to Gravity** – Gravity is your natural way to relax. Feel the weight of your body in your arms pulling your shoulders away from your ears and relaxing the tension in your jaw. Allow gravity to settle you into your personal space and onto the earth.



**4. Evoke a Quality** – Your quality represents something you want to cultivate in yourself. Working with a quality is a practice of inquiry: “If there were a little more \_\_\_\_\_ (ease, confidence, compassion etc.) in my body, what would that be like? If there were 5% more of that quality, what would that feel like? Where would I notice that quality in my body?”