



RESET & RENEW

Box Breathing

Box breathing is a form of yogic deep breathing employed by the United States Navy SEALs and by stressed-out people everywhere. It's also known as sama vritti pranayama, born of the yogic practice of pranayama, or focusing on the breath. Its common name, "box breathing," refers to the fact that a box has four sides, a concept represented here by breathing while you slowly count to four for a total of four times — four counts of breathing in, four counts of holding your breath, four counts of exhaling and four more counts of holding after your exhale.

This technique goes by other names, too:

- 4×4 breathing.
- 4-4-4-4 breathing.
- Equal breathing.
- Four-square breathing.
- Square breathing.

The benefits of box breathing...

Lowers stress by regulating the nervous system.

The biggest benefit of box breathing is relaxation, especially in times of stress. Studies show that regulating your breath can lower levels of the stress hormone cortisol and maybe even help lower blood pressure.