

## Breathing Practice for the 2023 Deepening Wisdom Course:

- Inhale for approximately 5.5 seconds, exhale for approximately 5.5 seconds
  - One way to count is this: “in, 2,3,4,5 and” “out, 2,3,4,5, and” “in 2,3,4,5 and” “out 2,3,4,5 and” etc.
  - The counting is about 5 seconds and the “and” is about ½ second, so the breathing count in is about 5.5 sec and out for the same length.
  - No need to get too concerned with the exact amount of time of each, an approximation is fine. Just make the breath light, slow, and deep.
  - Take the breath deep into the lungs so you are using the diaphragm, which you know by the movement of your lower ribcage:
    - expanding on the inhalation and
    - moving back in on the exhalation

This breathing practice is based on research recommendations in the book, **Breath**, by James Nestor.

This is the ideal breathe to use during the rest of your day ... and night. It tones the Vagus Nerve, promoting activation of the Parasympathetic Nervous System, the rest-digest-detoxify-heal mode.

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