



Warida Wholistic Wellness

SQUARE BREATHING

Hold for 4

Breathe in for 4



Breathe out for 4

**Start
here**

Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.