

‘Counting Breaths’ to **Relax** – Tip Sheet

Basic Method

Step 1

Breath in through the nose **feeling the coolness.**

Step 2

When the out-breath starts, **count in the mind** ‘one, one ..’ so on. Stop counting when the out-breath ends.

Step 3

Breath in through the nose feeling the coolness.

During the out-breath count in the mind
‘two, two ...’ so on till it ends.

At every out-breath count the next number.

Whenever you miss the count start from ‘one, one ..’.

When To Practice?

When You Want to **Fall Asleep**

‘Counting Breaths’ to **Relax**

‘911’ Method

Step 1

Breathe in through the ‘Nose or Mouth’ feeling the coolness.

Step 2

Breathe out gently through slightly open lips like blowing air on a candle flame. At the same time, **count silently ‘one, one ..’** so on. Stop counting when the out-breath ends.

Step 3

Breathe in **through the nose or mouth** feeling the coolness.

Breathe **out through the mouth** like in step 2 and **count silently ‘two, two ...’** so on till the end of the out-breath.

At every out-breath count the next number.

Whenever you miss the count start from ‘one, one ..’.

When to Practice?

When You **Wake Up From Sleep**

See the ‘Basic Method’