The Relaxing Breath

Sit comfortably with arms and legs uncrossed or lay comfortably on the floor with arms relaxed palms up or down and feet let to drop to open. Inhaling: place the tip of your tongue against the bony ridge near your upper front teeth; Exhaling slightly part your lips and drop your tongue. Practice this throughout the exercise.

- Exhale with a *whoosh* through your mouth
- Now close you mouth and breathe in quietly through your nose to a slow count of four
- Hold your breath easily to the count of four. Then exhale through your mouth with a *whoosh* to the court of four
- You have now completed one breath. Repeat the cycle three more times for a total of four breaths and increase the counts until you reach a count of 8 for each (8 inhale, 8 hold, 8 exhale.)

Do not do more than four breaths at one time for the first week of practice. Over time, you can work up to eight breaths. While you may notice only a subtle effect at first, breathwork gains power through repetition and practice. Make a point to practice twice a day.

Assistance in this area and many others can be obtained from the RMIT Student Counselling Service. The RMIT Counselling Service offers free and confidential counselling to all RMIT students. Counsellors may help you to explore your concerns, both personal and academic.

The RMIT Counselling Service can be contacted at 9925-4365 between 9am and 5pm.