

Box breathing is a technique *used to calm yourself down* with a simple 4 second rotation of breathing in, holding your breath, breathing out, holding your breath, and repeating.

Also known as Tactical Breathing, it's a surprisingly simple and effective way to help regain calm and control of your thoughts *when under stress*.

Here are the directions:

1. Inhale for 4 seconds (as the circle expands)
2. Hold your lungs full for 4 seconds (as the circle stays fully expanded)
3. Exhale for 4 seconds (as the circle shrinks)
4. Hold your lungs empty for 4 seconds (as the circle is contracted)

A HORSE IS A PREY ANIMAL. HUMANS ARE PREDATORS.

A HORSE SENSES AND FEELS WHEN YOUR HEART RATE AND ADRENLINE LEVELS ARE UP.

WHEN YOU CAN CONTROL YOUR HEART AND BREATHING RATES, YOUR HORSE WILL ALSO CALM DOWN.

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