



Ratio Breathing

This is a very simple technique that can be used in a formal meditation setting or anytime throughout a day that you need to ground, calm and reconnect with self and Spirit.

- 1) Sit in a comfortable position either crossed legged or at a desk. Depending on where you are, you can be more subtle or more “yogi like.”*
- 2) Take your left hand palm up and place over your right hand palm up. Let your shoulders and arms relax. Allow yourself to get comfortable.*
- 3) Choose a number such as 5 or 6 (this will increase overtime as your breath deepens and expands) and inhale while silently counting and exhale to the same count then pause for the count. Do this for 5-10 minutes.*
- 4) You will notice overtime how your breathe deepens, your mind slows down and your body relaxes. You can increase or decrease the number as it suits you.*
- 5) This is also something you can do standing in an elevator or anytime, any place that you are needing to bring in breathe, serenity, calm and focus.*