

THE WATERWELL JOURNEY™

Relaxing Breath Technique

Also known as 4-7-8 breathing, the Relaxing Breath technique promotes sleep and stress reduction through the activation of the Parasympathetic Nervous System.

Although relatively safe, please consult your healthcare professional prior to practicing this technique, as it may cause lightheadedness in some individuals at first.

To properly practice Breathwork, it is best to begin slowly, with one or two cycles at a time. Adjust the speed of each mental count to what is most beneficial for you.



To begin, exhale completely through your mouth. Closing your mouth, inhale calmly and steadily for a mental count of 4.

Hold this breath for a mental count of 7.

Exhale slowly through your mouth for a mental count of 8.

Remember to begin this process with only one or two breath cycles at a time. Adjust the count time as needed, keeping the ratio the same. For example, holding the breath for a count of 8 is a long time, so practicing a ratio of 2-3.5-4 may be preferable. Here, the count number changes, but the ratio remains the same.