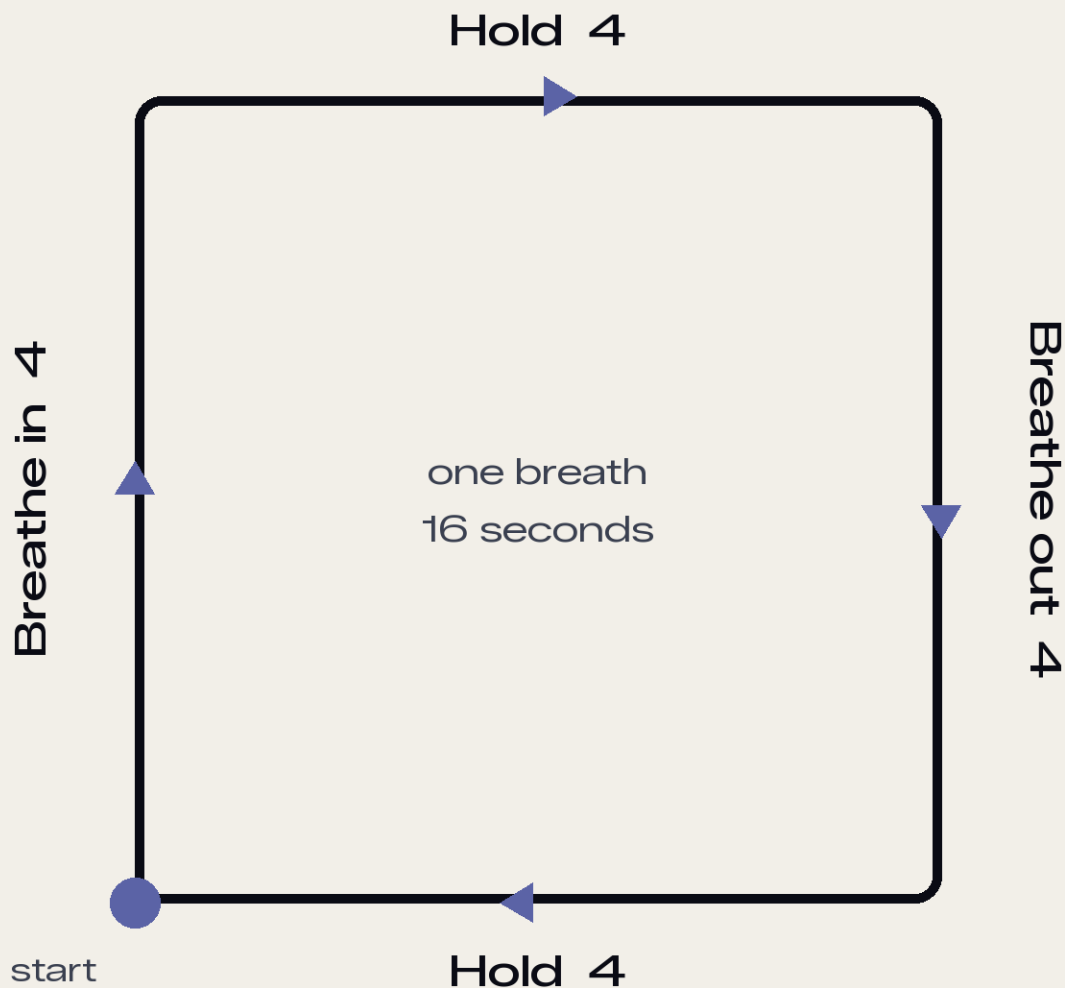


# Box breathing

Four equal counts. 4-4-4-4



Breathe softly: there is no need to fill your lungs.

[aersoma.com/box-breathing](https://aersoma.com/box-breathing)