




## Coloring Method

  
*Print at home exercise*

Connecting with your breath can provide many benefits for your mind and body. Regulating your breath through breathwork exercises is a powerful mechanism you can use to find presence, calmness, and a conscious body, and mind.

In this sample breathwork exercise from the *Coloring Method* you will be employing your focus to slowly and rhythmical count your breath by tracing the illustrations below. By tracing the small dots in the illustration you will bring consciousness and direction to your breath.

### *Simple Symbols to Visualize your Breath*

#### ***The Grey Dots***

Draw through the grey dotted shapes as you breathe with ease.



#### ***The Arrow***

The arrow indicates where to begin your inhale and start drawing.



#### ***The Black Dots***

Each black dot on the dotted line accounts for a breath count.



#### ***The Hold Dot***

A dot with a short line signifies a breath hold. Here you pause and hold just before you begin your exhale.



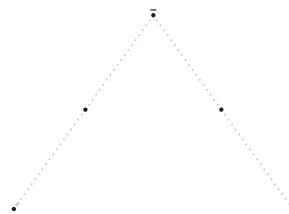
*The following exercise is a sample for a 2.1.2 sequence:*

*The first number signifies a two-count inhale, the second number a one-count hold and the third number a two-count exhale breathing sequence. You can practice by tracing the silhouette of the triangle as you breathe & trace. Inhaling at the start of the large dot on the left for two-counts as you trace the dots up, holding for one-count at the hold dot at the top and exhaling for two-counts as you trace the dots down to the right.*

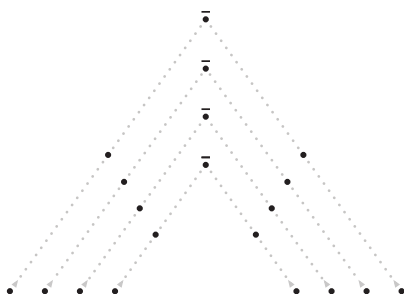


**2 . 1 . 2**

inhalé hold exhalé



*trace and take four deep breaths*



*trace and take four deep breaths*

