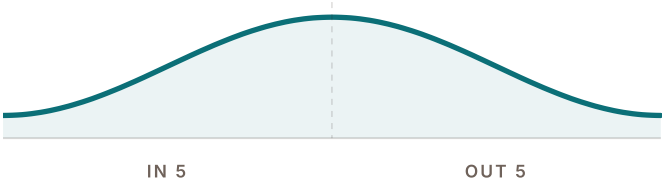
cut along the dashed lines

EVEN RHYTHMS

Coherent breathing

resonance breathing

5 · 5
IN OUT



1. Sit or lie comfortably, shoulders soft.
2. **Breathe in** softly through your nose for 5 seconds.
3. **Breathe out** for 5 seconds, as smooth as the in-breath.
4. Keep it light for 3 to 10 minutes.

One round 10 s · 6 breaths a minute · 18 rounds, 3 minutes

If 5 feels long, try 4 in and 4 out.

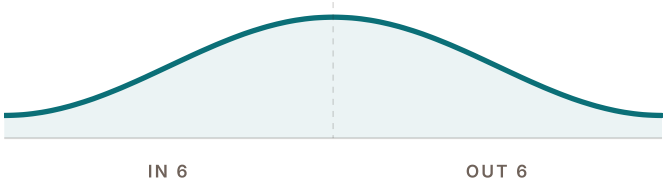
breathform.app/breathing/coherent-breathing

EVEN RHYTHMS

Slow breathing

six in, six out

6 · 6
IN OUT



1. Sit tall, or lie on your back.
2. **Breathe in** for 6 seconds, filling from the belly upward.
3. **Breathe out** for 6 seconds.
4. Keep it easy: full, never forced. 10 rounds is 2 minutes.

One round 12 s · 5 breaths a minute · 10 rounds, 2 minutes

Slower, not bigger: let each breath stay quiet.

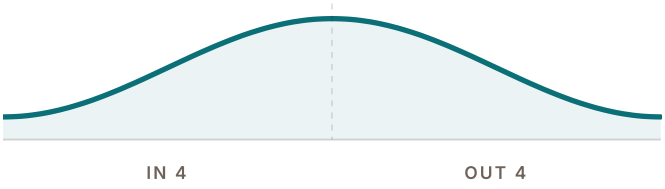
breathform.app/breathing/slow-breathing

EVEN RHYTHMS

Alternate nostril breathing

nadi shodhana

4 · 4
IN OUT



1. Thumb on your right nostril: **breathe in** through the left for 4.
2. Switch to your ring finger on the left: **breathe out** through the right for 4.
3. **Breathe in** through the right, switch, breathe out through the left.
4. That's one cycle. Keep going for about 2 minutes.

One round 8 s · 7.5 breaths a minute · 14 rounds, about 2 minutes

Blocked nose? Breathe the same count through both nostrils.

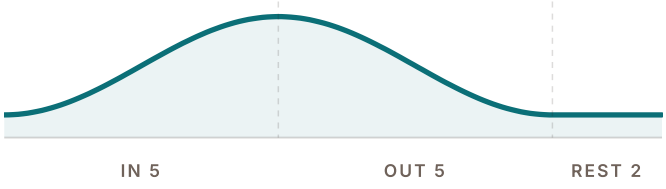
breathform.app/breathing/alternate-nostril-breathing

EVEN RHYTHMS

Breathing with a rest

interval breathing

5 · 5 · 2
IN OUT REST



1. **Breathe in** gently for 5 seconds.
2. **Breathe out** for 5 seconds.
3. **Rest** for 2 seconds, lungs comfortably empty.
4. Notice the quiet before the next breath. 10 rounds is 2 minutes.

One round 12 s · 5 breaths a minute · 10 rounds, 2 minutes

The rest is a pause, not a hold: stay soft.

breathform.app/breathing/interval-breathing