

Beginner Breathwork: Awareness Before Technique

These steps introduce gentle breath awareness. There's no goal — only curiosity and safety. Breathe in a way that feels natural and accessible.

1. The Intention

We're not fixing or controlling the breath — just noticing it. Awareness alone creates balance.

Nothing to perform here — just noticing what's already happening.

2. Breath Awareness

Sit comfortably. Notice where your breath moves — chest, ribs, belly, or back. Is it deep or shallow? Are there pauses or uneven spots? Observe without changing anything.

3. Nasal Breathing (if accessible)

When it feels right, gently shift to breathing in and out through your nose. The nose filters air and signals safety to the nervous system. If it feels uncomfortable, return to what's natural.

4. Cultivating the Exhale

Allow the exhale to lengthen slightly, like a soft sigh. This simple cue helps your body settle into rest-and-digest mode.

Let the exhale be the body's sigh of relief.

5. Optional: 4–7–8 Breathing

If you feel comfortable, explore this rhythm: Inhale through the nose for 4 counts, hold for 7, and exhale through the mouth for 8. Repeat 3–4 cycles, then return to natural breathing. If you prefer box breathing, use a steady count of 4 for inhale, hold, exhale, and rest.

6. Closing Reflection

Return to natural breathing. Notice what felt easy or difficult. Could you pause once or twice a day to breathe like this — while walking, sitting, or spending time with your dog?

Dogs breathe openly and naturally. They mirror calm best when we do, too.

Thank you for practicing. This is awareness, not performance — and every breath is progress.

Heal With Your Dog — Nervous system awareness • Regulation • Connection