

Hello St. Agatha community,

I hope everyone was able to enjoy the long weekend.

This week we will focus on the square breathing technique. See below and follow the steps to guide your practice.

1. Begin by slowly exhaling all of your air out.
2. Then, gently inhale through your nose to a slow count of 4.
3. Hold at the top of the **breath** for a count of 4.
4. Then gently exhale through your mouth for a count of 4.
5. At the bottom of the **breath**, pause and hold for the count of 4.

Repeat this practice for a few times.

