

The Breathing Queen™ 3-Step Calm Breathing Routine

Step 1 – Reset Your Posture

- Sit or stand tall, shoulders relaxed.
- Place one hand on your lower ribs and one on your chest.
- Soften your jaw, tongue resting lightly at the roof of your mouth.

Step 2 – Nose Breathing Awareness

- Inhale gently **through your nose**, feeling your lower ribs widen sideways.
- Keep the chest and shoulders relaxed (no lifting).
- Exhale slowly and quietly **through your nose**.
- Aim for a smooth rhythm (about 4–5 seconds in, 4–5 seconds out).

Step 3 – The Calm Count

- Inhale through your nose to a count of **4**.
- Exhale through your nose to a count of **6**.
- Continue for 1–2 minutes.
- If you feel lightheaded, pause and return to normal breathing.

Use this routine:

- When you feel anxious or stressed
- Before bed to improve sleep
- Anytime you notice your breath feels “stuck”

This guide is educational and not a substitute for personalised physiotherapy care. For tailored support, email me at:

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