

# "BREATHWORK TIMER TOOL - FIND BALANCE THROUGH YOUR BREATH"

*Your guide to calming  
the mind, energizing  
the body, and finding  
inner peace*





# "The Power of Your Breath"

*Your breath is your anchor in moments of chaos and a tool to restore balance in your body and mind. This timer tool helps guide you through simple breathing exercises, designed to support relaxation, focus, and energy renewal. Use it daily to create moments of mindfulness and connection with yourself.*

TIPS SECTION:  
"BEFORE YOU BEGIN:"

SIT COMFORTABLY.

RELAX YOUR SHOULDERS AND JAW.

BREATHE NATURALLY A FEW TIMES TO SETTLE  
IN.



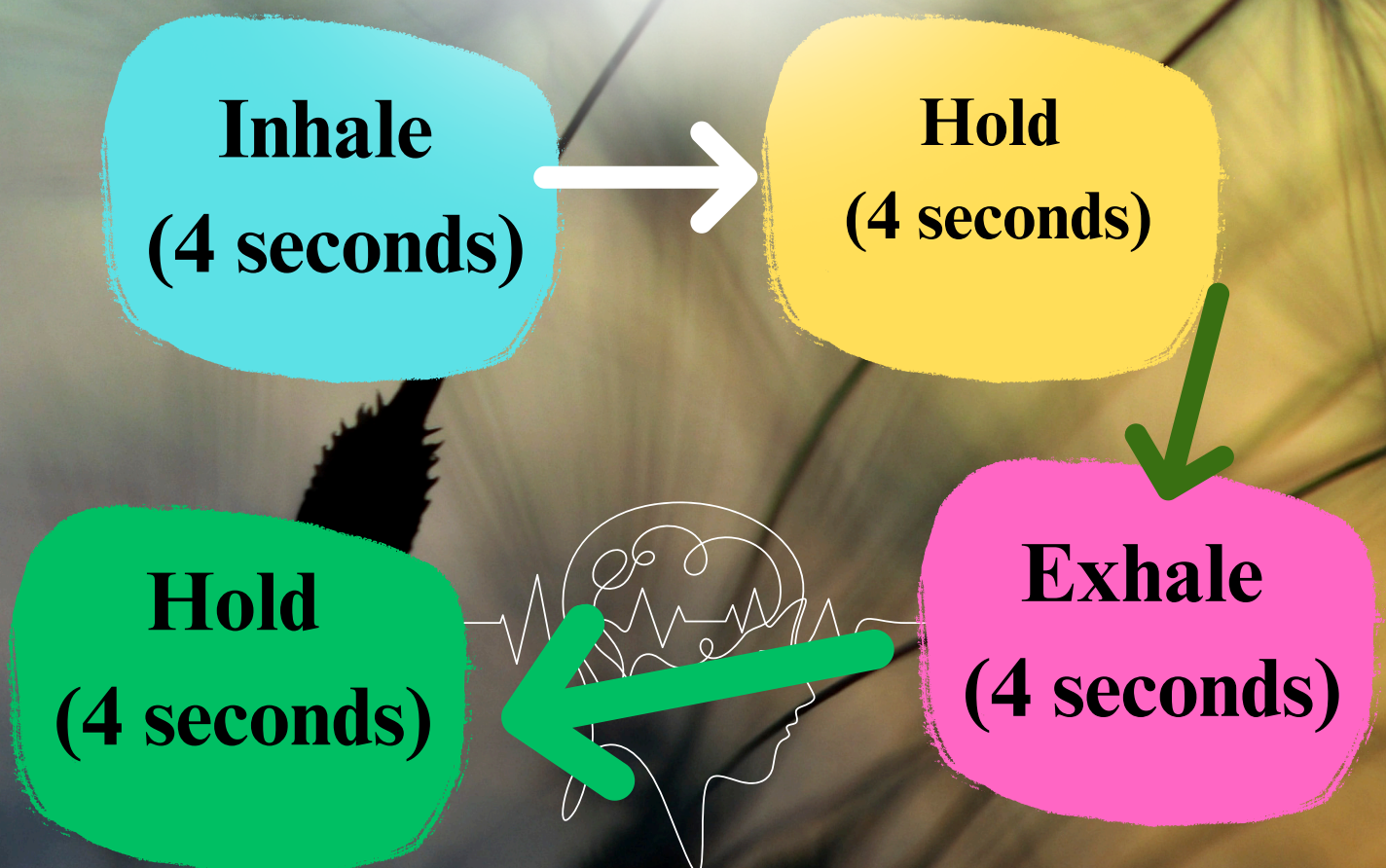


# Breathwork Pattern 1 – Box Breathing

## "Box Breathing – For Calm and Focus"

### Instructions:

1. Inhale through your nose for 4 seconds.
  2. Hold your breath for 4 seconds.
  3. Exhale through your mouth for 4 seconds.
  4. Hold again for 4 seconds.
- Repeat this cycle 5-10 times.





# **Breathwork Pattern 2 – Relaxation Breathing (4-7-8)**

## **"Relaxation Breathing – Let Go of Stress"**

### **Instructions:**

- 1. Inhale deeply through your nose for 4 seconds.**
- 2. Hold your breath for 7 seconds.**
- 3. Exhale slowly through your mouth for 8 seconds.**

**Repeat this pattern for 3-5 minutes.**

**Inhale  
(4 seconds)**

**Hold  
(7 seconds)**

**Exhale  
(8 seconds)**





# **Page 5: Breathwork Pattern 3 – Energizing Breathing (2-2-2)**

## **"Energizing Breathing – Boost Your Energy"**

### **Instructions:**

- 1. Inhale quickly through your nose for 2 seconds.**
- 2. Hold your breath for 2 seconds.**
- 3. Exhale quickly through your mouth for 2 seconds.**

**Repeat this pattern for 1-2 minutes.**

**Inhale  
(2 sec)**



**Hold  
(2sec)**

**Exhale  
quickly  
(2sec)**





# **"Breathe Your Way to Balance"**

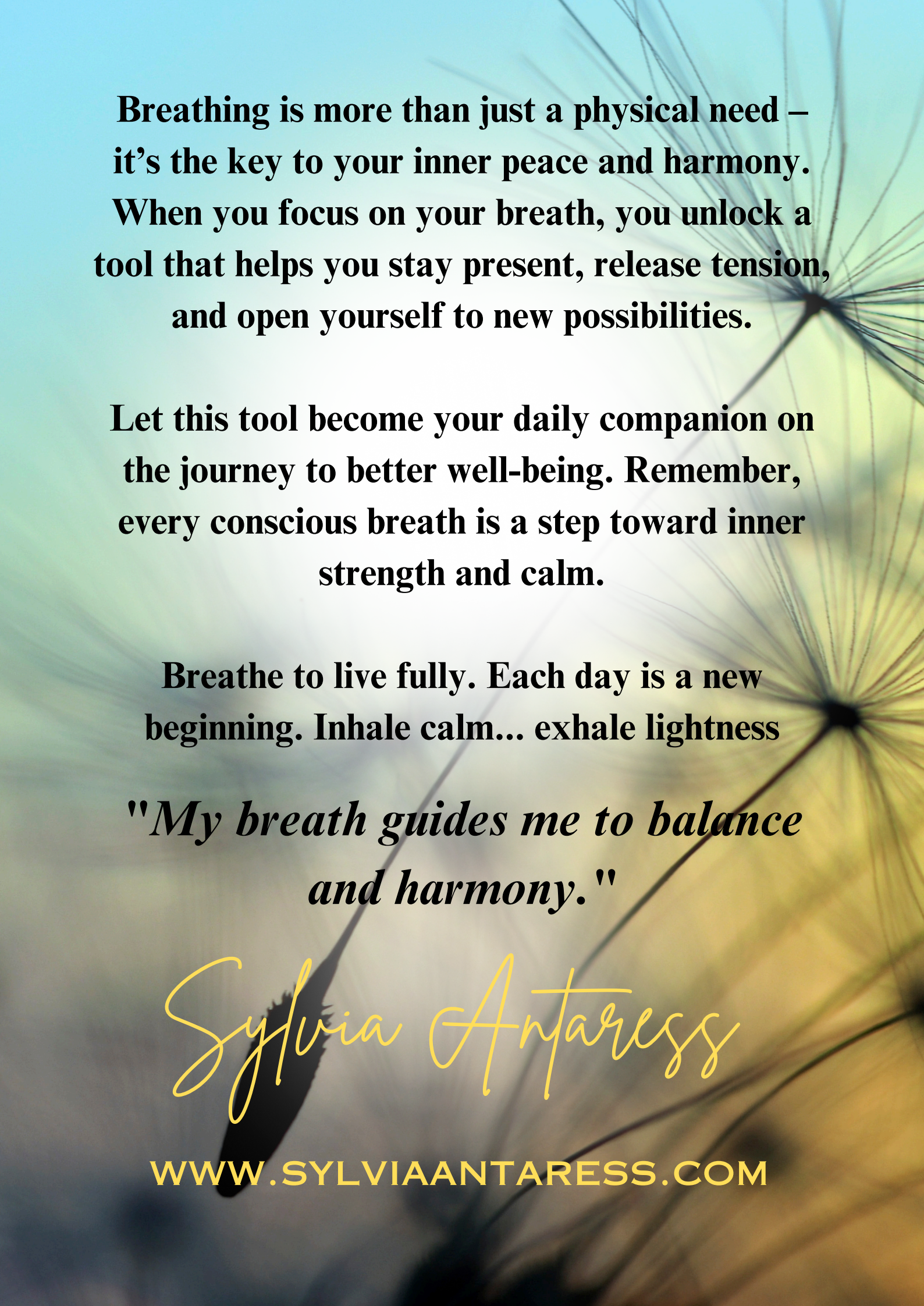
**YOUR BREATH IS ALWAYS WITH YOU  
– A TOOL TO GROUND, CALM, AND  
ENERGIZE YOU. USE THIS TIMER  
TOOL DAILY TO STRENGTHEN YOUR  
CONNECTION TO THE PRESENT  
MOMENT. REMEMBER, EVERY  
BREATH IS A CHANCE TO START  
ANEW.**

**Affirmation Section: repeat those words:**

**"I inhale peace and exhale stress."**

**"Each breath fills me with calm and clarity."**





**Breathing is more than just a physical need –  
it's the key to your inner peace and harmony.  
When you focus on your breath, you unlock a  
tool that helps you stay present, release tension,  
and open yourself to new possibilities.**

**Let this tool become your daily companion on  
the journey to better well-being. Remember,  
every conscious breath is a step toward inner  
strength and calm.**

**Breathe to live fully. Each day is a new  
beginning. Inhale calm... exhale lightness**

***"My breath guides me to balance  
and harmony."***

***Sylvia Antares***

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