

CARDIAC COHERENCE

A gentle breathing exercise
to feel calm and happy



I breathe
gently.

1

Breathe in
for 5 seconds



Breathe out
for 5 seconds



2

Breathe in
for 5 seconds



3

Breathe in
for 5 seconds

4

Breathe out
for 5 seconds



5

Breathe in
for 5 seconds



Continue
for
5 minutes

