



# Heart coherence breathing



A wonderful way to harness the power of your heart is through heart coherence – a self-regulation tool and simple breathing exercise (developed by the HeartMath Institute).

With heart coherence, your heart rhythm comes into a regular and balanced pattern. Practicing heart coherence can reduce stress, improve your emotional well-being and create more balance in your daily life.

## → 1. A nice quiet place

- > Find a nice, quiet place
- > Sit comfortably – with a straight back
- > Breathe deeply in and out a few times – relax as you exhale
- > Focus on your breathing – let go of your thoughts

## → 2. Breathing

Start with heart-coherence breathing:

- > Breathe IN into your heart space / your chest, at the same pace, OUT a little longer than your IN breath:
- > e.g. 8 counts IN – longer exhale – 12 counts OUT (or e.g. 6/10)
- > Breathe circularly: without pausing
- > See which rhythm feels comfortable for you
- > Do this for 3–5 minutes OR e.g. 20 breaths long
- > Please do this as often as possible

This also works well in moments of stress to experience more calm and peace.

It is suitable for any time of the day, e.g. while making coffee, waiting in line at the supermarket or while at work, looking out the window. You can also build it into a fixed routine at a fixed time of the day.