

7-Minute Tao Breath

Type: Breathwork • Intention: Calm, Balance • Duration: 7 minutes • Level: Beginner

Overview

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When to Use

- Mid-day reset
- Between meetings
- Blood pressure downshift

Setup

- Sit or stand tall; feet grounded, shoulders soft.
- Set a timer for 7 minutes (optional chime at start/end).

Step-by-Step

1. Minute 0:30 — Arrive: 3 natural breaths, unclench jaw, drop shoulders.
2. Minutes 0:30–3:00 — Box Breath (4-4-4-4): inhale 4, hold 4, exhale 4, hold 4.
3. Minutes 3:00–5:30 — Lengthen Exhale (4-0-6-0): inhale 4, exhale 6.
4. Minutes 5:30–6:30 — Belly-hand breath: one hand chest, one belly; feel belly lead.
5. Minutes 6:30–7:00 — Close: choose one word for how you feel; carry it forward.

Guided Script (for audio or read-aloud)

Let your eyes soften or gently close. Feel your body supported.

Inhale for 4... 1, 2, 3, 4. Hold 4... 1, 2, 3, 4. Exhale for 4... 1, 2, 3, 4. Hold 4... 1, 2, 3, 4.

Stay with this gentle square. If thoughts wander, notice and come back to counting.

Now lengthen the exhale: inhale for 4... exhale for 6... shoulders melting down.

Hand to belly. Let your belly lead the breath—rise on inhale, soften on exhale.

Choose a word for the next hour—Calm, Clear, Steady—and take one more easy breath.

Variations

- 4-minute micro: one short cycle of each phase.
- Anxiety spike: do only 4-0-6-0 for 3–5 minutes.
- Walking version: count steps instead of seconds.

Printable One-Pager (Summary Card)

- Box (4-4-4-4) → ~2.5 min

- Long exhale (4-0-6-0) → ~2.5 min
- Belly-hand + close → ~2 min
- Word to carry: _____

♦ **Image Placeholder**

[Place art/diagram here: Abstract teal waves suggesting a slow breath pattern (7min-breath.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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