

Coach Jo's Figure-8 Breathing Technique

“Reset your mind. Reconnect to your body.
Reclaim your energy.”



1. Trace the Figure 8 with your finger (or your eyes) slowly.
2. Inhale through your nose for a count of 4 as you trace the top loop.
3. Exhale through your mouth for a count of 4 as you trace the bottom loop.
4. Repeat the cycle for 2–3 minutes or until you feel grounded.

Affirmation

“I am safe. I am steady. I am supported.”