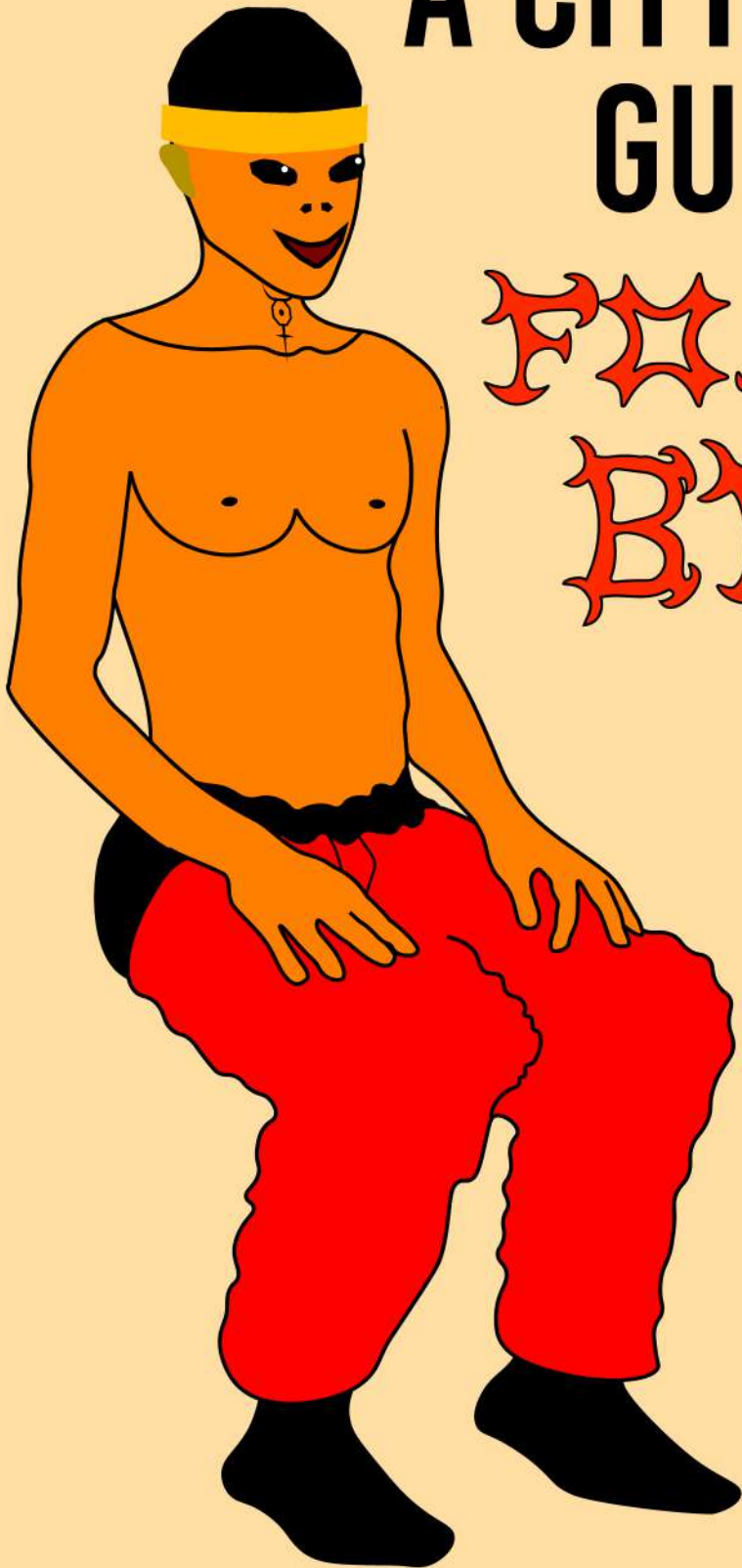


A CITY YUTES GUIDE TO THE

FOURFOLD BREATH



PROJECT.0005:
4FOLD

INTRODUCTION

The Fourfold breath is a very simple, very gentle form of breathwork; and breathwork can be defined as any way of gaining conscious, direct and immediate control over ones state of mind using the manipulation of the breath.

The purpose of this guide is to provide the reader with a practical set of instructions on the Fourfold, but not to go into the “mechanics” of how manipulating the breath affects a person, unnecessary details or anything else that takes attention off the actual *doing* of the technique itself.

Instead, a list of benefits and effects will be stated dogmatically, and the reader can experiment with the techniques themselves, see if they're bullshit or not, and come to their own conclusion.

EFFECTS OF THE FOURFOLD

- a feeling of being “grounded”
- a relatively immediate defense against anxiety
- euphoria
- a feeling of being more “peaceful”
- external events having less of an effect on ones internal state
- an “intuitive” understanding of how the breath can be used to effect ones state of being, which, when developed, increases ones level of control over their life in ways previously unimaginable

INSTRUCTIONS

0. Sit in any comfortable position
1. Inhale to the count of 4
2. Hold to the count of 4
3. Exhale to the count of 4
4. Hold to the count of 4
5. Repeat

Aim to inhale fully, breathing in and out through the nostrils and into the diaphragm, it should feel as if the breath were entering the stomach, not the chest

EXTRA COMMENTS

While walking, or otherwise breathing more heavily, the full Fourfold may be too straining on the lungs to be used practically, so as an alternative, simply omit steps 2 & 4

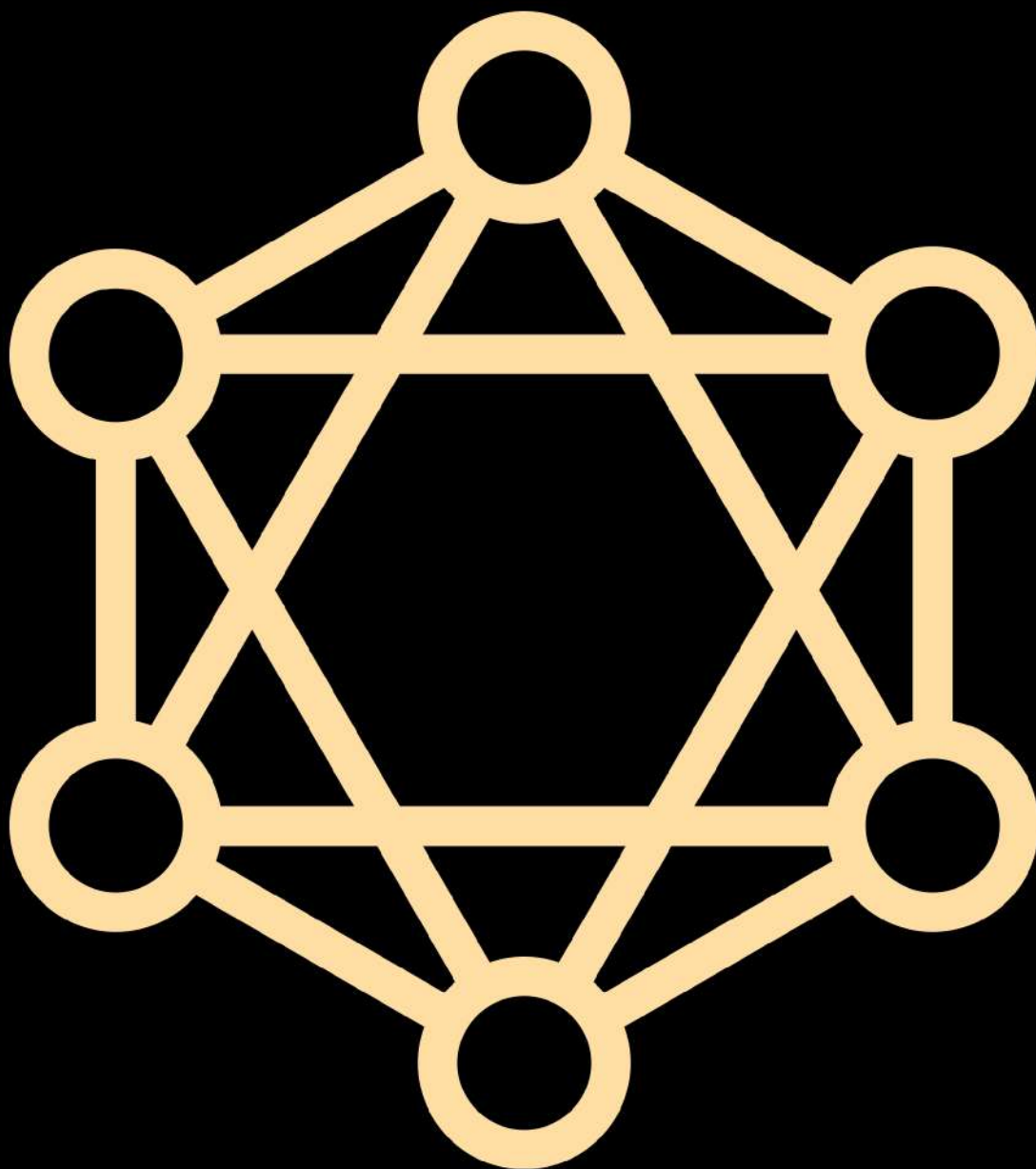
This method can be used at times when needed, for example, a few rounds when anxiety is being experienced. It really is an invaluable tool for such scenarios.

Although, to really scratch the surface of the list of benefits, a minimum of 20 minutes a day is recommended... but, the reader should use this guide how they will, choosing to play around with the fourfold from time to time, or to turn it into a strict daily regimen as is deemed fit.

But as with all things in life, the more you put in, the more you get out.



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