

## Heart coherence

### Instructions week 3

Three times a day, at a moment of your choice:

- Sit up straight, somewhere pleasant.
- Keep on breathing in F6\*, if possible without the timer
- Keep your attention as much as possible on your breathing.
- When breathing in, focus on your chest/heart area. Breath out to the belly.

\*F6= more or less 6 times per minute (or 18 times in 3 minutes)

Usual questions:

- Maybe yours can be the first?

What's next?

- Nothing. Please put it in practice whenever necessary. You could use this as a (daily) practice, once or several times a day. Or in the situations described under 'why here?'.

*Should you have any other questions, please post them below. I will answer them and try and clarify the instructions for the future.*