

Autogenic (Tactical) Breathing

(Based on techniques developed by Calibre Press and Gary Klugiewicz)

- **THREE Times:**
 - ✓ In Through the Nose for 4-Count
 - ✓ Hold for 4-Count
 - ✓ Out Through the Lips for 4-Count
 - ✓ Hold for 4-Count
- **Attitude is Contagious**
 - ✓ Panic is Contagious
 - ✓ CALM is Contagious
- **Can “Inflict” Breathing on Others**