

Breath Guide

Mindfulness

Balance – allows body to slow down, calm + center

Balance: *Basic water breath* – brings you up or down based on what you need to become more balanced. It is adaptogenic. 5 breaths in/5 breaths out. In nose/out nose. X10 rounds

Reset: *Box breath* – 4x4x4x4 – This is for reset, improve concentration, slow down (reduces fight or flight response). Count 4 in, hold for 4, exhale for 4, hold for 4. In nose/out mouth. X10 rounds

Center: *Alternate nostril breath* to calm and center. Use one hand, place pointer and middle finger between eyes. Use ring finger to close one nostril while breathing in, release and press thumb on other nostril breathe out. Start with that same side (thumb) now on the breath in. Alternate, repeat

Relax/sleep – regulates parasympathetic nervous system

Sleep: *Extended exhale* – quick relax – lengthen exhales (also clears additional toxins out of body). In for 4, out for 5 or in for 4, out for 8. X10

Relax: *Pursed lip breathing* – slow down breath – get more air into lungs. Do before bed if you are overthinking/stressed. In nose 4, out 8 (mouth with lips like you are blowing a kiss). X10

Energy – activates sympathetic nervous system

Energize: *Breath of fire* – energizes body, focus (do in morning to get energy up). In/out nose. In breath is passive, out breath is sharp. Push air out using abdominals and pelvic floor. Navel should come in towards your back. X30

Awareness: *4-step ladder breath* to expand perspective and patience. 4 short breaths in to fill lungs (nose), 1 exhale out (nose). X10