

Breathing Exercises and Techniques



For Relaxation:

1) Deep Breathing

- put one hand on belly and one hand on chest
- inhale through the nose filling your belly first feeling that hand rise
- continue to inhale now filling up your lungs seeing your second hand on chest rise
- continue inhaling sending the breath up to the back of your throat
- exhale slowly
- Repeat

2) Pursed Lip Breathing

- inhale
- pucker your lips
- exhale through the mouth

3) Box Breathing

- inhale through your nose for a count of five
- hold your breath for a count of five
- exhale for a count of five
- hold your breath again for a count of five
- repeat

4) Nasal Breathing

- hold right thumb over right nostril and inhale deeply through left nostril
- at the peak of inhale switch to index finger holding left nostril
- exhale through right nostril
- repeat

5) Total body meditation and breathwork

-Exercise is performed lying down

-Start from toes and scrunch them up tightly for 2-3 seconds and release.

Breathe in while tensing and out when releasing.

-Work your way up your body in the same manner squeezing and tensing your muscles in each area and releasing:

Toes

Calves

Thighs

Glutes

Chest/Pecs

Hands

Arms

Neck

Jaw

Eyes

For Energy and Alertness:

6) Physiological Sigh

-inhale through the nose then take a second quick inhale

-exhale slow

7) Tummo Breathing

-inhale deep, quick and intensely through nose with belly and chest expanding out

-exhale hard and heavy through the mouth letting your belly and chest fall

-repeat this pattern for 25 breaths

-on the last breath, blow all your air out and hold your breath for 25-30 seconds

-Repeat this whole sequence 2-3 times

