

TOOL KIT BREATH GUIDE

ACTIVATION BREATHWORK (LONGER INHALE, SHORTER EXHALE)

EXERCISE ONE:

20 BREATHS.

20 deep breaths all in and out through your mouth and channel the air right into your upper chest. And feel your chest rise and fall with each breath.

EXERCISE TWO:

10-20-30.

10 activating breaths. Hold your breath for 10 seconds. 20 activating breaths. Hold it for 20 seconds, 30 activating breaths. Hold your breath for 30 seconds, 60 seconds or as long as you can. This is a really good way to calm an overactive mind.

EXERCISE THREE:

50-50-50.

50 activating breaths 3 times. Rest 60 seconds in between each one.

EXERCISE FOUR:

25 DEEP, BELLY BREATHS.

Even breathing heavy, big, full, deep breaths through the mouth into the belly.

BALANCING/HOMEOSTASIS (INHALE AND EXHALE ARE THE SAME)

EXERCISE ONE:

RESONANT OR COHERENT BREATHING.

Breathe in through the nose, nice and slow for a count of five and then release the breath nice and slow through pursed lips for a count of five. 5 minutes a day.

EXERCISE TWO:

ALTERNATE NOSTRIL BREATHING.

Essentially, breathing through each nostril to regulate, four in and four out. Four in and four out. Close off one side of your nose with your thumb, breathe in 4 counts into the open nostril. Close off the open nostril with your little finger, release the thumb, breathe out 4 counts through the other nostril. Breathe in 4 counts into same nostril. Close off again with thumb, release little finger, exhale 4 counts through the other nostril. Breathe in 4 counts into same nostril, close off, breathe exhale through the other nostril, Repeat back and forth. Be sure to exhale and inhale through one nostril, then exhale and inhale through the other, except the first inhale. When you do this you are balancing both sides of the nervous system, both sides of the brain. You're balancing the energy centers in your body, and improving your digestion. Do it for 5 minutes once a day, or whenever you feel you need balancing.

DOWNREGULATION/REGENERATIVE (SHORTER INHALE, LONGER EXHALE)

EXERCISE ONE:

4-2-6.

No manipulation, no control. Breathe in for a count of 4 through the nose, holding at the top for 2, which is a quick turn and then coming out nice and slow through pursed lips at the bottom for a count of 6, you purse your lips so you can breathe consciously. Breathe a lot slower on the out breath. Do as needed.

EXERCISE TWO:

BEFORE SLEEP: 4-7-8.

Breathing in through your nose for a count of 4, holding for a count of 7, and exhaling for a count of 8. If holding your breath for seven and exhaling for eight feels like too big of a stretch, you could half that ratio and you could do two 4-5-4. Do for a minute or two 10 minutes before bed.

EXERCISE THREE:

5-15 HUM

In for 5 and out for 15 counts, but on the out, hum. I do it as often as I think of it.

BREATH HOLDING

EXERCISE ONE:

FULL INHALE OR SUSPENSION HOLD.

Take a big full breath and hold at the top. We don't want to gasp and hold it at max volume, that would be called a breath volume level ten. We want to be at like a level eight, somewhere around there. Seven, eight, nine and then hold. Keep holding until you feel a little bit of breath hunger coming in. The longer you can hold the better. And then when you feel like you need to, let it out.

EXERCISE TWO:

PASSIVE RETENTION.

Take a full breath in just enough to feel an equilibrium and then release the breath until you get to a natural buoyancy. Hold as long as you can and then you're going to exhale.

EXERCISE THREE:

MAXIMUM EXHALE.

Take a big full breath in and then let all the air out. keep exhaling after you've passed that buoyancy level and then hold on empty lungs, keep letting it seep out until you can get to the point where there's absolutely nothing left. And then push out even more, and even cough to get out more. Hold empty as long as you can. Then, breathe in nice and slowly through your nose.

BREATH TESTS

TEST ONE:

BOLT SCORE.

Take a normal breath in through the nose. Breathe it like you're breathing a normal breath. Then you release also through the nose and at the bottom, you can plug your nose if you want to. Just hold your breath on the bottom of the exhale. No max suspension, just a natural buoyancy exhale, and then count the number of seconds until you feel our FIRST distinct desire to breathe in. If you feel your diaphragm start to twitch a little bit, you've gone too far. The longer you can train yourself the hold WITHOUT A TWITCH is your goal over time.

TEST TWO:

BREATHS PER MINUTE.

Get a minute timer or have someone time it for you. Count every in and every out as one breath up to the 60 second mark. Do your best not to manipulate your breath at all. Come into a natural breathing rhythm. A great goal is to get between six to eight breaths per minute.

TEST THREE:

ALTERNATE NOSTRIL TEST.

Take your finger and put it below your nose horizontally. Exhale three rapid breaths out through the nose to where you can feel your breath on your finger. Do you feel more air coming out of the right nostril, the left nostril, or can you not feel any difference at all whatsoever? Because your right nostril is connected to the sympathetic side of

your nervous system. It's also connected to the left side of your brain. The left nostril is connected to the parasympathetic side of your nervous system, the Rest and digest. The right nostril is the gas, sympathetic. Fight or flight. So how this has helped me in the past is I know that if I'm right nostril dominant, I'm really good to get into a workflow. If I'm left nostril dominant, I might need to adjust. Instead of trying to get into a workflow, I might need to just relax and kind of chill out and wait till it switches. Because it switches for 90% of people. We have this thing called nasal cycling. So sometimes you're going to be dominant on the right, sometimes you're going to be dominant on the left. This is just something that will tell you where you're at, at any time, and you can become aware then, of your state, and do something to change it if need be.

TEST FOUR:

UPPER CHEST BREATHER.

Close your eyes, put one hand on your belly and one hand on your chest. Breathe normally. Take a breath in and as you're breathing in notice which of your hands moves first? Is it your belly hand? Is it your chest hand? And then which hand moves more throughout breathing in and out? Is it your belly hand or is it your chest hand? Upper chest breathing keeps us in a constant state of low-level stress and anxiety, sometimes high level, depending on how deeply into our chest we're chronically over breathing.

TEST FIVE:

REVERSE BREATHER.

Close your eyes. put one hand on your belly. Take a breath in and observe. Observe what's happening in your belly and chest, you should be able to feel it. when you're breathing in, is your belly and your chest expanding out or is it contracting in? Stay in the expansion and the contraction. If, when you breathed in, their belly went in, instead of out, and when you breathed out, your belly went out, you are likely a reverse breather. You want to practice reversing the expansion of the track contraction as you're breathing if you have this, or you know someone that has this.

TEST SIX:

SLOUCH BREATHING.

Stand up, get yourself into a slouching posture by collapsing your chest and shoulders. Notice if that feels natural or foreign. Extend to an upright erect standing posture, square your shoulders. Notice if that feels natural or foreign. You probably know if you're a sloucher or not. If you tend to slightly slouch, shoulders forward, start working on changing that to an erect posture.

BREATH CHAMPION

Put your hands on your belly and your chest and close your eyes. Breathe normally. And then you're just going to notice. Notice your breath state, notice your default breathing pattern. Are you breathing into your belly or your chest? Can you hear yourself breathing? Are you breathing loud or is your breath very subtle? What about the rhythm to your breath? Is it pretty rhythmic or is it scattered? Is it all over the place? Just notice what you notice for a moment. Register it. Now start taking conscious control of your breath. Make sure you're breathing in through your nose. Start to pull the breath nice and gently. LSD, low, slow and deep. You shouldn't even hear it. Start to pull the breath in through your nose, down into your belly. And you want your belly to expand a little bit on the in and contract a little bit on the out. Do that for a couple of breaths and then start to roll it up a little bit. So your belly pops out a little bit and you can feel it kind of rolling up like a little wave into the upper diaphragm in your lower chest region. It should feel smooth, relaxed. It might not feel effortless yet because it's a little bit of work if this is not how you usually breathe, but eventually, when you're a champion breather, it's going to feel relaxed and effortless. So just feel what that feels like. Slow into the belly, relaxed. Exhale. There's usually a slight pause at the bottom of your breath and then you're coming back.