

# Mindful Breathing

Helps to energize the body, remove toxins, relieve stress, and reset the nervous system. Benefits of relaxation, better sleep, resilience, better digestion. Massage of internal organs leads to better digestion, blood flow.

Guided exploration of breath using simple practices.

## Introduction

- My story
- Ask people to share background with breath
- Share safety guidelines
  - What do do if light-headed
  - Tao principle of 70%

## Practice One - Sensing the Air

- Practice of feeling the air go in and out through the nose then mouth
- Practice of breathing with the lungs
- Practice of breathing with the belly
  - Holding the breath with the diaphragm vs epiglottis
- Practice of breathing with the shoulders
- Optional: practice of breathing with other parts of the body
- Optional: breath packing - to expand capacity

## Practice Two - Sensing the Oxygen

- Teaching
  - Effects our physiological state, energy, psychology.
- Breath of Fire - This is done to increase energy / warm up the body.
  - Details
    - Through the nose
    - Emphasis on out-breath
    - Use of belly/diaphragm
    - Two rounds of one minute
  - Sharing the sensation
    - Questions

- Wim Hoff
  - Rapid forceful in-breath with nose/mouth, natural release
  - 30-40 times
  - Then hold as long as possible on empty
  - Followed by one deep in-breath filling lungs, belly, shoulders, Hold 15s
  - Slow release.

#### Practice Three - Sensing the pattern

- Box Breath
  - For relaxation or sleep
  - Four counts in, four counts hold, four counts out, four counts hold
  - play with breathing in through nose, out through mouth
- Focus on the transition point between breaths - watch as it transitions from in to out. Practice not holding but simply stopping.

#### Practice Four - Sensing the body

- Advanced: Pelvic floor and breathwork
  - holding the perineum on in-breath
  - releasing on out-breath
- Breathing with focus on different body parts