

# Breath Work

**THIS WILL CHANGE YOUR LIFE**

Breath work is such an amazing tool to use in your daily life with anything that comes up, especially within relationships.

It's the one go to tool you can use anywhere in any situation.

Breath work calms your nervous system, allows you to feel better almost immediately and works your body to its full potential.

I want you to stand up right now. Close your eyes and notice where your shoulders are. Are they up by your ears?

How do you feel?

What's your breathing like?

Shallow or Deep?

What are your thoughts like?

Busy mind or chilled mind?

Write down how you are feeling

here.....

.....

.....

.....

.....

.....

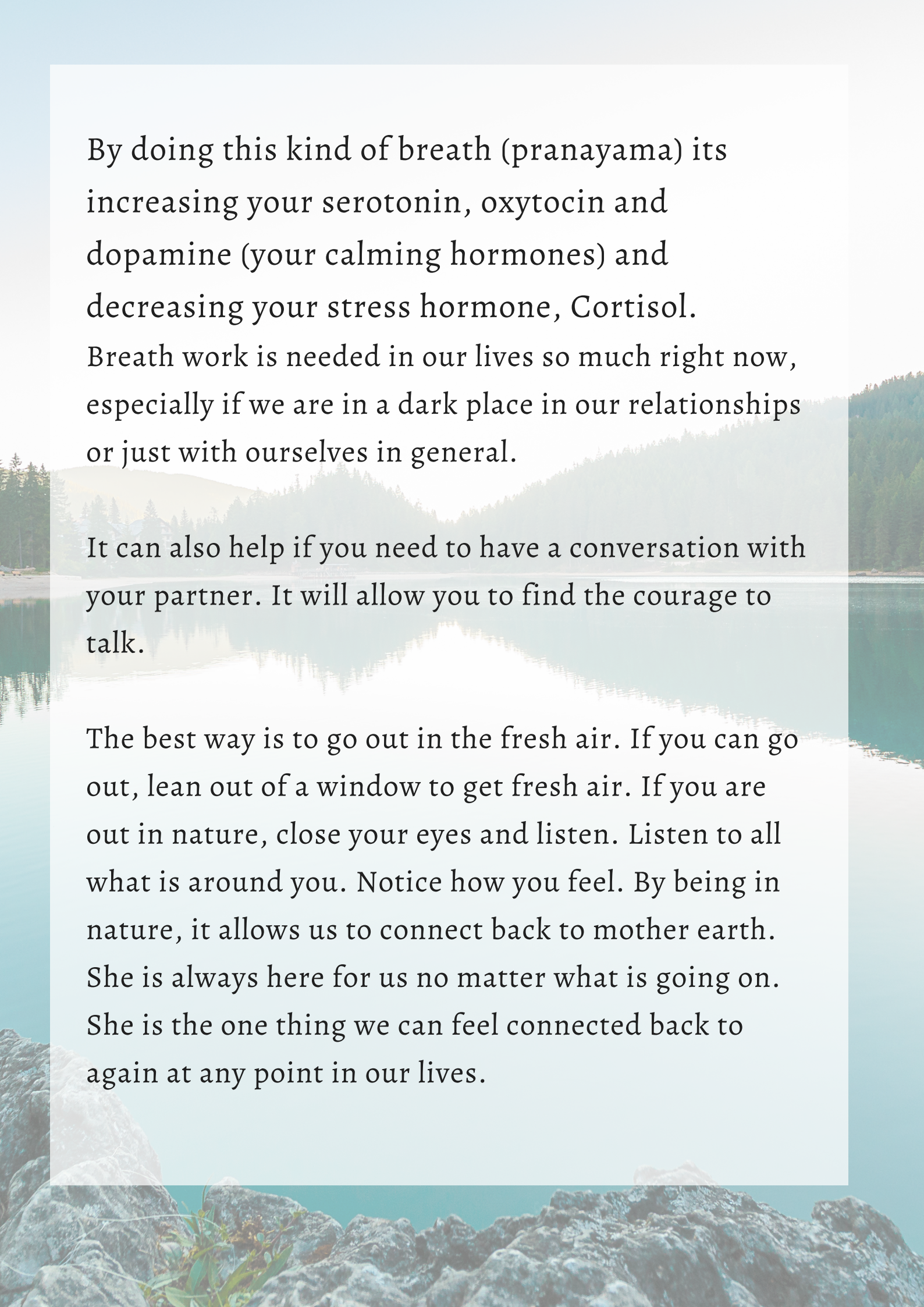
.....

.....

.....

.....





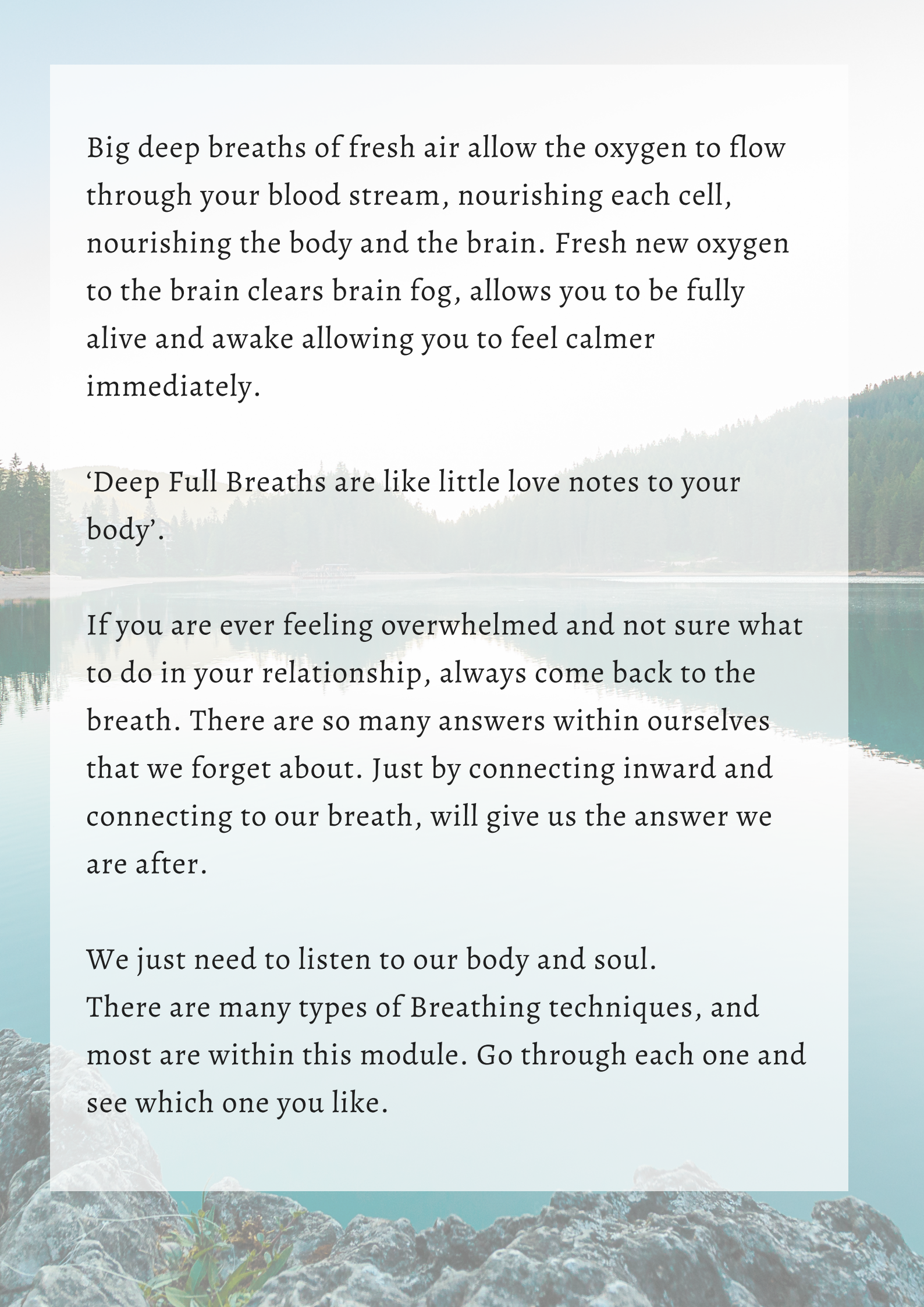
By doing this kind of breath (pranayama) its increasing your serotonin, oxytocin and dopamine (your calming hormones) and decreasing your stress hormone, Cortisol.

Breath work is needed in our lives so much right now, especially if we are in a dark place in our relationships or just with ourselves in general.

It can also help if you need to have a conversation with your partner. It will allow you to find the courage to talk.

The best way is to go out in the fresh air. If you can go out, lean out of a window to get fresh air. If you are out in nature, close your eyes and listen. Listen to all what is around you. Notice how you feel. By being in nature, it allows us to connect back to mother earth. She is always here for us no matter what is going on. She is the one thing we can feel connected back to again at any point in our lives.





Big deep breaths of fresh air allow the oxygen to flow through your blood stream, nourishing each cell, nourishing the body and the brain. Fresh new oxygen to the brain clears brain fog, allows you to be fully alive and awake allowing you to feel calmer immediately.

‘Deep Full Breaths are like little love notes to your body’.

If you are ever feeling overwhelmed and not sure what to do in your relationship, always come back to the breath. There are so many answers within ourselves that we forget about. Just by connecting inward and connecting to our breath, will give us the answer we are after.

We just need to listen to our body and soul.

There are many types of Breathing techniques, and most are within this module. Go through each one and see which one you like.

# Square Breathing

This allows the lungs to full inflate, allowing your mind to rest and nourish your body. Its where we inhale for 4 counts, hold the breath for 4 counts, exhale for 4 counts and hold the breath again for 4 counts. Repeating this 3 times. Do not do this breath if you are pregnant.

## Method

1. Come into a comfortable position, laying down, standing or seated.
2. Inhale through your nose counting to 4.
3. Hold your breath for 4 counts.
4. Exhale for 4 counts.
5. Hold the breath again for 4 counts.
6. Repeat 3 times.
7. When you have completed your round, come back to a normal breath pattern.

Try if you want to, to increase the time passed. So count to 5 or 6 with each breath, increasing each time. This will give you fuller lung capacity.

Write down how you are feeling after your breath work practice here.....

.....

.....

.....

.....

.....

.....

.....

# Calming Breath

This is great to really allow your body and mind to connect and de-stress. Its also great to gain more clarity within our minds.

## Method

1. Come to a comfortable seated position having your eyes open or closed, whichever feels more comfortable.
2. Take a few deep breaths here. Inhaling and exhaling through your nostrils.
3. On your next inhale really use the diaphragm and draw the breath right up into the lungs, keeping shoulders down away from the ears. As you inhale slowly count to three.
4. On your exhale, slowly release your breath using your core muscles, counting to four. Try to lengthen the out breath as much as possible. Say to yourself on your inhale 'let' and on your exhale 'go'. Notice the stress and tension release from the body.
5. Repeat this technique for as long as you wish

Write down how you are feeling after your breath work practice

here.....  
.....  
.....  
.....  
.....  
.....  
.....



# Ujjayi Breath

Ujjayi or translated means 'Victorious' breathing, is a breathing technique which is used to calm the body and mind. It is used in Vinyasa Flow yoga as a means of connecting the poses with the breath. This breath also calms the mind and gets the brain to concentrate on something else if you are stressed at all.

Ujjayi breathing naturally lengthens the breath allowing your lungs to get the extra inhales it needs to fully calm the mind and body. This breath is also known as 'Ocean Breath' as it sounds like the waves of the ocean. So, put on some comfy clothes, come into a comfy seated position and enjoy breathing.

## Method

1. Come to a comfortable seated position having your eyes open or closed, whichever feels more comfortable.
2. Take a few deep breaths here, inhaling and exhaling.
3. Now we're going to try a technique to help you understand how the breath works at the back of the throat. Bring one hand up towards your face with the palm facing towards you. Take a big deep breath in through your nose and when you exhale have your mouth open and blow into the palm of your hand. Imagine you are fogging up a mirror with your breath. You should be able to feel the warmth of the breath on your hand. Do this for three breaths.
4. Now do the above again but this time closing your mouth but still imagining huffing up the mirror on your hand. This will open and close the back of your throat. Try this for a couple of breaths. You will hear a sound like Darth Vader at the back of the throat. It can also sound like the ocean waves - that's why it can sometimes be called 'ocean breath'.
5. Stay here for five or six breaths. Then find your breath's natural rhythm. Come here wherever you need this breath. It's such a relaxing breath.

Write down how you are feeling after your breath work practice

here.....  
.....  
.....  
.....  
.....  
.....  
.....

# Breathing with your belly or Diaphragmatic breathing

The most basic type of diaphragmatic breathing is done by inhaling through your nose and breathing out through your mouth.

## Diaphragm breathing basics

### Method

1. Sit in a comfortable position or lie flat on the floor, your bed, or another comfortable, flat surface.
2. Relax your shoulders.
3. Put a hand on your chest and a hand on your stomach.
4. Breathe in through your nose for about two seconds. You should experience the air moving through your nostrils into your abdomen, making your stomach expand. During this type of breathing, make sure your stomach is moving outward while your chest remains relatively still.
5. Purse your lips (as if you're about to drink through a straw), press gently on your stomach, and exhale slowly for about two seconds.
6. Repeat these steps several times for best results.

Write down how you are feeling after your breath work practice

here.....  
.....  
.....  
.....  
.....  
.....  
.....

## Rib-stretch breathing

The rib stretch is another helpful deep breathing exercise.

### Method

1. Stand up straight and arch your back.
2. Breathe out until you just can't anymore.
3. Inhale slowly and gradually, taking in as much air as possible until you can't breathe in anymore.
4. Hold your breath for about 10 seconds.
5. Breathe out slowly through your mouth. You can do this normally or with pursed lips.

Write down how you are feeling after your breath work practice

here.....

.....

.....

.....

.....

.....

.....

.....

.....

# Numbered breathing

Numbered breathing is a good exercise for gaining control over your breathing patterns.

## Method

1. Stand up, staying still, and close your eyes.
2. Inhale deeply until you can't take in anymore air.
3. Exhale until all air has been emptied from your lungs.
4. Keep your eyes closed! Now, inhale again while picturing the number 1.
5. Keep the air in your lungs for a few seconds, then let it all out.
6. Inhale again while picturing the number 2.
7. Hold your breath while counting silently to 3, then let it all out again.
8. Repeat these steps until you've reached 8. Feel free to count higher if you feel comfortable.

Write down how you are feeling after your breath work practice here.....

.....

.....

.....

.....

.....

.....

.....



So now you know a few breathing practices.

Let me know in the comments below what you are struggling with and which breathing technique helped the most. I would love to know.

Know that you can come back to the breathing practices at any point.

To gain more clarity within your relationship, your work, your friendships. Anything really.