

My New Approach

BREATHE · NOURISH · MOVE

BREATHWORK GUIDE

Pillar One Reference

The Art of *Breathing*

Mouth, nose, or both — *we don't care what hole you use to get the air in. Just breathe.*

MY NEW APPROACH · PILLAR ONE

Try each technique and discover what works best for you. Everyone is different. The best breathwork practice is the one you'll actually do — so explore the menu, find your favorites, and make them your own.

 ENERGIZING · MORNING

1

Wim Hof Method

Take 30–40 deep, full breaths — inhale completely, then let go without forcing the exhale. After the last breath, exhale fully and hold as long as comfortable. Then take one deep inhale and hold for 15 seconds before releasing. Repeat 3–4 rounds. Produces powerful energy, warmth, and mental clarity.

2

Breath of Fire

Kapalabhati

Sit tall and take a deep inhale. Then begin rapid, rhythmic exhales driven by the belly — each exhale is a sharp pump, the inhale is passive. Aim for 1–2 pumps per second for 30–60 seconds. Rest and repeat 2–3 times. Builds heat, clears the mind, and energizes the entire body.

3

Bellows Breath

Bhastrika

Similar to Breath of Fire but both the inhale and exhale are forceful and full. Breathe in and out powerfully through the full depth of your lungs at a brisk pace — about one full breath per second for 10–20 breaths. Rest, then repeat 2–3 rounds. Highly activating — great for sluggish mornings.

4

Cyclic Hyperventilation

Breathe in and out rapidly and deeply for 25–30 breaths, then exhale fully and hold the breath out for as long as comfortable. Inhale deeply and hold for 15 seconds, then release. Repeat 3 rounds. Heightens focus, sharpens the senses, and prepares the body for the day ahead.

 CALMING · EVENING

5

4-7-8 Breathing

Inhale quietly for 4 counts. Hold the breath for 7 counts. Exhale completely for 8 counts. That is one cycle. Repeat 4 times. The extended exhale activates the parasympathetic nervous system quickly — one of the most effective techniques for winding down before sleep.

6

Box Breathing

Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts. Repeat for 5–10 minutes. Equal parts in, hold, out, hold — like tracing the sides of a box. Regulates the nervous system and brings a calm, steady focus. Used by Navy SEALs under extreme stress.

7

Diaphragmatic Breathing

Belly Breathing

Place one hand on your chest and one on your belly. Breathe slowly and deeply so that only the belly rises — the chest stays still. Inhale for 4 counts, exhale for 4–6 counts. Continue for 10–15 minutes. The most natural calming technique available. Perfect for complete beginners.

8

Extended Exhale

Inhale slowly for 4 counts. Exhale slowly for 6–8 counts — longer than the inhale. That's it. Repeat continuously for 10–15 minutes. The longer exhale stimulates the vagus nerve and signals the body to relax. Simple, quiet, and remarkably effective.

△ TIMING REMINDER

Morning energizing techniques are powerful — if practiced in the evening, allow at least one hour before bed to let the body settle before sleep. Evening calming techniques can be done right before bed.