

# Breathwork

## WHY PRACTICE BREATHWORK?

The easiest and most effective way to help your body shift from sympathetic (fight/flight) nervous system to parasympathetic (rest/digest) nervous system. Try lots of breathing techniques and find what works for you.

### 4,5,6 (4,7,8) BREATH

Breathe in for a count of 4. Hold for a count of 5. Breathe out for a count of 6. You can extend the hold and exhale as you progress with the cycles or as you practice the technique.

### BOX BREATH

In your mind's eye draw a square as you move through a breath cycle. Draw up for a count of 4, draw across the top as you hold for a count of 4, draw down for a count of 4, draw across the bottom as you hold for a count of 4.

### HUMMING BEE BREATH

Breathe in slowly through your nose and as you breathe out make a humming sound. Practice making the humming sound come from your throat rather than mouth.

# Rapid recovery technique

A powerful combination of techniques to help you regain balance quickly and be able to get on with your day,

## **BREATHE**

Practice the grounding breath of your choice. Calms your nervous system and helps to transition you from sympathetic (fight/flight) to parasympathetic (rest/digest) nervous system.



## **KARATE TAP**

With four fingers tap the fleshy part of the outside edge of your hand. Helps to centre your energy and quieten negative thoughts.



## **K27 TAP**

With two fingers tap just below the bottom end of your collar bones. Aligns the body's energy system and encourages the release of endorphins.