

Breathwork Quick Reference

1. Diaphragm Breathing

Purpose: Relax, reduce stress, center

Pattern:

- Inhale slowly through the nose 4–6 seconds
- Expand the belly first, then the ribs, then the upper chest
- Exhale gently through the nose or mouth 4–6 seconds or longer

Pointers:

- Breathe low and slow
- Let the diaphragm do the work
- Keep the shoulders relaxed

2. Coherence Breathing

Purpose: Relax, regulate emotions, improve heart-rate variability

Pattern:

- Inhale through the nose, 5 seconds
- Exhale through the nose, 5 seconds or longer
- Continue for 2–15 minutes

Pointers:

- Smooth, continuous rhythm
- Optional: Audible “oceanic” (Ujjayi) breath

3. Box Breathing

Purpose: Manage stress, bring calm focus

Pattern:

- Inhale 4 seconds
- Hold 4 seconds
- Exhale 4 seconds
- Hold 4 seconds

YouTube Playlists:

- RELAXING BREATHWORK: <http://bit.ly/4vB9uEB>
- BREATHWORK FOR RESILIENCE: <https://bit.ly/43YOWLO>



4. Rebalancing Breathwork

Purpose: Release tension, restore calm alertness, prepare for meditation

Pattern:

- 7 slow deep breaths
 - Inhale through the nose: belly → ribs → upper chest
 - Exhale with an audible sigh
- On the 7th breath:
 - Inhale fully
 - Hold for 7 seconds
 - Exhale slowly through the nose over 7+ seconds
- Take a gentle recovery breath
- Repeat 2–5 rounds

5. Alkaline Breathwork (Wim Hof Method)

Purpose: Reduce inflammation, activate parasympathetic system, increase oxygen efficiency, build resilience

Pattern:

- ~30 deep breaths
 - Inhale fully through the nose or mouth
 - Exhale through the nose or mouth
- After the final exhale:
 - Exhale fully and hold between 45 seconds and 3 minutes
 - Inhale fully and hold 10+ seconds
 - Exhale slowly with an audible sigh
- Several gentle recovery breaths
- Repeat 3–5 rounds

