

BE HERE WELL

Session Two

Coffee, Water, Whiskey

Agenda



- Questions, Check-In
- Guided Practices
- Coffee Breathing
- Water Breathing
- Whiskey Breathing
- Homework & Questions

Guided Practices

- **Breath of Fire, review**
- Breath of Fire, 20 x 3 rounds

Coffee Breathing

- 30+ breaths/minute
- Reduces CO₂
- Raises blood PH slightly (more alkaline)
- Constricts blood vessels and breathing passageways
- Slight increase in blood O₂



Water Breathing

- 50%/half of “natural rate”, but the volume is the same
- Aim is approximately 4-6 liters/min
- Nose-only breathing (if possible)
- Diaphragmatic breathing
- Tones your nervous system



Whiskey Breathing

- < 3 breaths per minute
- 1:2 ratio (inhale 4 / exhale 8 most common)
- Diaphragmatic breathing
- Seated or supine
- Nose-only or nose-to-mouth

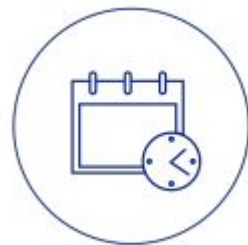


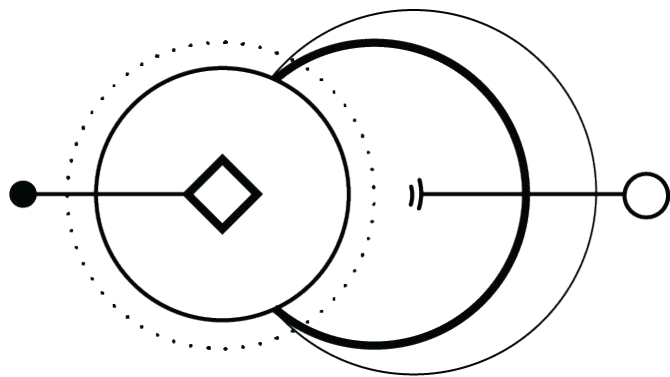
Guided Practices

- **Review Water, Balanced breathing 4:4**
- Review Ocean breathing
- Water, Balanced breathing 4:4, x 10 rounds (w/ocean breath)
- **Review Whiskey Breathing**
- 4:8 Relaxation Breath, x 10 rounds (on back)

Daily Regime

- 15 minutes, daily:
 - Morning: 5 mins Coffee Breathing
 - Midday / As Needed: 5 mins Water Breathing
 - Before Bed: 5 mins Whiskey Breathing
- Extra breathing therapeutically as needed
- Breath awareness throughout the day





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