

BE HERE WELL

# **GROUP PRACTICE**

## **4:4 BALANCED BREATHING**

### **5 ROUNDS**

# The Breath Academy - Level 1

Scientific, Simple, Safe & Effective

# Session Two

Coffee, Water, Whiskey

# Agenda



- Questions, Check-In
- Skills: Counting, Full Yogic Breathing
- Self-Awareness Tool: 4-Phase Breath
- Qualifying The Categories: Coffee, Water, Whiskey
- Perfecting Your Practice
- Coherence & The Breath
- Up Levelling
- Homework & Questions

# Skill: Counting

- Left hand for counting (*Right hand for mudra*)
- Use left thumb to count pads of left fingers.
- Start at the base of left index finger and count up pads 1,2,3
- Then across right, 4,5,6
- Then down the little finger 7,8
- Then across left 9,10
- Finish round at the bottom of the middle finger = 1 round of 10.
  
- Alternative: Left hand lies flat on knee, and extend thumb for 1, index for 2, middle finger for 3, ring finger for 4, little finger for 5, then tuck all under and start again!

# Skill: Full 3-Phase Yogic Breathing

- After learning to breathe consciously, it is necessary to learn to breathe completely, utilizing the full capacity of the lungs.
- There are three basic mechanisms of breathing: diaphragmatic, middle chest (thoracic) or upper chest breathing.
- A combination of all three is known as full yogic breathing.
- The normal breathing of an average person is a combination of middle chest and shoulder breathing
- Diaphragmatic breathing should be cultivated during daily life until it becomes a spontaneous habit.
- Rib cage/middle chest breathing should be practised for control over the full range of breathing capacity.
- Full 3-Phase Yogic Breath only done in context of controlled breathing practices. It's not expected or practical to be done in everyday life.
- Fabulous for increasing lung capacity and improving breath control.

# Muscles of Breathing

- STEP 1: Diaphragm - jelly-fish/umbrella muscle 30%
- STEP 2 (optional): Intercostal muscles (or rib cage) 60%
- STEP 3 (optional): Accessory muscles (neck, shoulders, back) 10%



To start: isolate the different areas:

- Relax the whole physical body. You may place one hand on the abdomen, above the navel, if you wish.
  - Begin abdominal breathing - feel the abdomen moving up and down.
  - At the same time, the rib cage and upper chest muscles should remain totally relaxed.
  - Breathe out slowly and completely, using the diaphragm and abdomen
  - Discontinue any diaphragmatic breathing.
- 
- Concentrate on the sides of the chest.
  - Inhale by slowly expanding the ribcage.
  - Feel the movement of the individual ribs outwards and upwards, drawing air into the lungs.
  - Expand the ribcage as much as possible.
  - Exhale by relaxing the ribcage muscles.
  - Discontinue any ribcage breathing.
- 
- Inhale until expansion is felt in the upper portion of the lungs, just below the collarbones, which move up slightly.
  - Exhale slowly, releasing the upper chest.

## Full Yogic Breathing:

- While inhaling, fill the lower lobes of the lungs first, extending the diaphragm downward into the abdominal cavity and pushing the abdominal muscles outward.
- This is followed by ribcage breathing, which fills the middle lobes of the lungs, and creates an outward and upward movement of the ribcage.
- The inhalation is completed with upper chest breathing, which fills the upper lobes of the lungs, using the accessory muscles in the neck and shoulder girdle to further lift the ribcage.
- The exhalation is the exact reverse of this process, with a combination of diaphragmatic and ribcage compression of the lungs to complete the expulsion of air.
- Contraction of the intercostals moves the ribcage inwards and relaxation of the abdominal muscles allows the abdominal contents to move upwards against the relaxed diaphragm muscle, producing the final expulsion of air.
- The lungs are stretched to maximum capacity on both inhalation and exhalation.

# 2-Phase Breath - The Blueprint For Stress

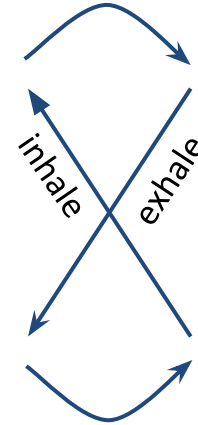
exhale



inhale

**2-phase breath:**  
like a bleep test!

pause



pause

**4-phase breath:**  
Blueprint for balance & calm

**PAUSE**  
waiting for the  
body to ask for  
the next breath

# Self Awareness Tools: Recap

1. Nasal Cycle, Nostril Dominance (L vs R)
2. Connecting your emotions & mood to your physiology using MOT tests, and taking action.
3. 2-Phase or 4-Phase Breathing

# 3 BREATHING CATEGORIES

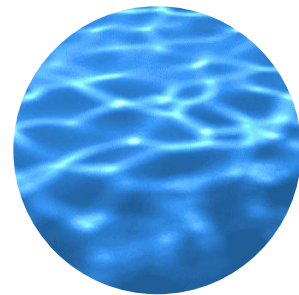


# Coffee Breathing



- RATE: 30+ breaths/minute (more than x2 normal rate)
- Reduces CO<sub>2</sub>
- Less CO<sub>2</sub> = constricts blood vessels and breathing passageways
- Less CO<sub>2</sub> = raises blood PH slightly (more alkaline)
- Slight increase in blood O<sub>2</sub> % (SpO<sub>2</sub>)
- Creates heat in the body.

# Water Breathing



- RATE: 4-6 breaths/minute (50% normal rate 8-12).
- RATIO: Balanced 1:1
- Breathing in normal volume of air (4-6 litres/min), just slower, cool, calm & collected.
- Nose-only breathing = sends a signal to our brain that we are relaxed and safe.
- Diaphragmatic breathing = super relaxed.
- Tones/modulates our nervous system, to help us stay chill.
- Brings us into a coherent state - the bodies natural resonant state.

# Coherence & Breathing

## Why Water Is The Smart Choice

- Coherence is the bodies natural resonant state.
- Stressful emotions create a chaotic **heart rate variability** pattern, lower coherence.
- Incoherent heart rate rhythms created by our emotional responses start to shut down some of our higher thinking capacities. This can **cloud our judgement**, our ability to discern and make good choices.
- Coherent rhythms send signals to the brain to open up our higher brain functions. **We get smarter**. Your brain is a big winner when we are coherent.
- This can be great for teams: bring them into coherence before a meeting using water breathing.
- You don't have to walk around in perfect coherence. The carryover effect gives you enough operational coherence to support balance emotional poise and flow in your day-to-day communication and activities.
- A few minutes of coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout.
- **In this course, you are learning how to shift from incoherence to coherence with water breathing.**
- **You will gain better health mental clarity and the ability to feel better emotionally.**
- Use water breathing to help you make this shift any time anywhere.



# Whiskey Breathing



- RATE: < 3 breaths per minute
- RATIO: 1:2 ratio (inhale 4 / exhale 8 most common. You can also use 2:4, 3:6, 5:10, 6:12 etc).
- This ratio helps people with respiratory problems such as **asthma**, emphysema and bronchitis.
- The heartbeat and pulse rate slow down, and blood pressure drops.
- Increases CO<sub>2</sub>, which...
- Helps us to absorb the O<sub>2</sub> in our blood more effectively (Bohr effect)
- Gives profound relaxation. Cooling effect on the nervous system

# Practice Review - Week 1

- **Ocean Breath**
- **Water, Balanced breathing 4:4**
- Water, Balanced breathing 4:4, x 10 rounds (w/ocean breath and 3-phase yogic breath)
- **Whiskey Breathing**
- 4:8 Relaxation Breath, x 10 rounds (w/ocean breath and 3-phase yogic breath)

# GUIDED PRACTICE

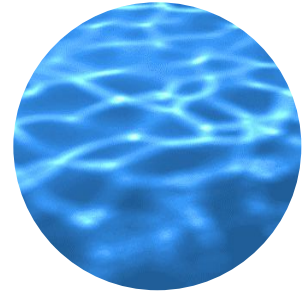
COFFEE CATEGORY: BREATH OF FIRE



- **Breath of Fire: 3 x 20 pulses**
- To level up
  - Add an intention - inner smile :), break the funk! Energeeeee!
  - Increase the intensity of each pulse
  - Increase to 5 x 20. Experiment with 30 pulses, 40 pulses (with caution)
  - **Better digestion:** Pulse through RIGHT nostril only for an extra SNS boost to rev up the digestive enzymes.

# GUIDED PRACTICE

## WATER CATEGORY - BALANCED BREATHING



- **Balanced Breath, 4:4 x 10 rounds**
- To level up:
  - Add an intention: I am balanced, I am calm
  - Add in Ocean Sound
  - Add in 3-Phase Yogic Breathing
  - Count on your hand/using a timer, without guided audio, to really get in the zone.
  - Increase # rounds - listen to your body, feel the moment of homeostasis
  - Increase count to **5:5** (*the perfect breath*), **6:6, 7:7, 8:8 etc**
  - Breathe through LEFT nostril only to enhance effect.

# “The Perfect Breath”

- The optimum amount of air we should take in at rest per minute is 5.5 litres.
- The optimum breathing rate is 5.5 breaths. That's 5.5 second inhales and 5.5 second exhales.
- Increases the blood flow to the brain, the systems of the body enter a **state of coherence**. This is when the functions of the heart, circulation, and nervous system are all coordinated **at peak efficiency**.

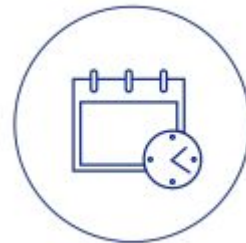
# GUIDED PRACTICE

## WHISKEY CATEGORY - RELAXATION BREATH



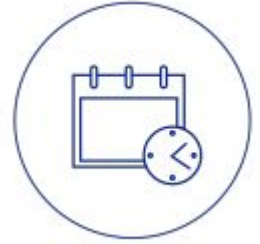
- **Relaxation Breath: 4:8 x 10 rounds**
- To level up:
  - Add an intention: I am peaceful, I am relaxed
  - Add in Ocean Sound
  - Add in 3-Phase Yogic Breathing
  - Count on your hand/using a timer, without guided audio, to really get in the zone.
  - Increase # rounds - listen to your body, feel the moment of homeostasis
  - Increase count to **5:10** or **6:12**
  - Deeper relaxation: breathe through LEFT nostril only to enhance effect.
  - **An Extra Boost: retain your breath** in the middle for 7 seconds: **4:7:8**

# Daily Regime



- Step in and modulate your nervous system 3 times a day.
- Hint: YOU'RE DOING IT ALREADY!
- 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 & MOT throughout the day.

# Right Breath, Right Time



- The goal is not always to breathe as slowly as possible...
- The goal is to affect our nervous system in the desired way.
- Breathing gives you a healthy, self care option. Something that comes from the inside something that works with your biology instead of fighting it.

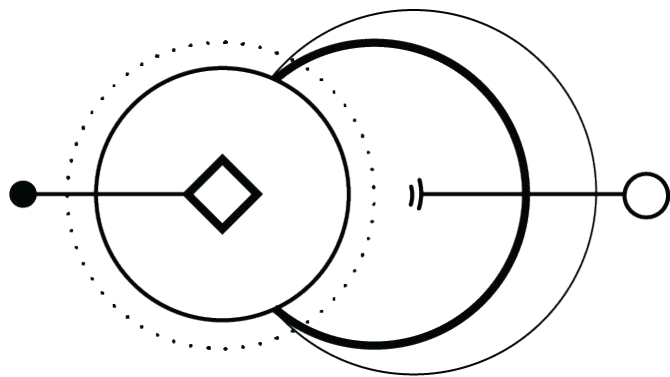
Think:

- What is the time of day?
- What am I trying to effect? Energy? Focus? Confidence? Relaxation?
- What's the rate I need?
- What's the ratio I need?



## Tip for self practice

Use tabata timer to set intervals to help you time your own practice.



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