

BE HERE WELL

The Breath Academy

Scientific, Simple, Safe & Effective

My Intention

The objective is to empower you with a tool for self care.

To provide you with a life-skill to help you manage your stress, anxiety, energy, sleep and digestion so you can make positive ripples in your own health and vitality, taught in a way that's easy to understand and apply to your daily life.

In The Wider Sense - My Mission

To help bring your physical, mental & emotional systems into balanced alignment so you become an empowered individual, with compassionate care for your own wellbeing, as well as the wellbeing of others.

Session One

Breath MOT & Testing

Agenda



- Course outline, Questions, Check-in, Intentions
- Conscious Breathing
- Myth Busting
- Breath MOT, Nasal test
- Empty breath hold test, Lung capacity test
- Heart Rate & Respiratory Rate
- Guided practices
- Homework & Questions

Why Conscious Breathing Is Paramount

1. Breathing for the most part is **unconscious**. We take 20-25k breaths a day. When you learn how to breathe consciously, on purpose and with intention, it gives you an unfair advantage - in that you are able to adapt and affect your nervous system on demand.
2. We've forgotten how to **breathe properly, fully**. Some of us only breathe 70% of our capacity, which means 30% goes in the bin. Bikini body Industry.
3. We also breathe backwards. We need to learn how to **breathe correctly** again. To train our breath, and use it as a tool.

Myth Busting

- Myth #1: The more we breathe the healthier we are.
- Myth #2: Taking a bigger breath oxygenates us more.
- Myth #3: Taking a deep breath means taking a big breath.
- Myth #4: Carbon dioxide is toxic.

Breath MOT

Most Common Breathing Mistakes

1. Chest/Shallow Breathing
2. Fast/Over Breathing
3. Mouth Breathing
4. Paradoxical (backwards) breathing

Common Symptoms of Over-Breathing

- Shortness of breath
- Anxiety/Panic
- Stress
- Insomnia
- Snoring
- Poor memory
- Poor digestion
- Brain fatigue
- Stuffy nose, Hay fever
- Migraines
- Poor Immunity
- Dry Skin/Mouth/Eyes
- High Blood Pressure
- Sluggishness
- Depression
- Chronic Fatigue

Typical Anxious Breathing Habits

- Shallow Breathing
- Fast Breathing
- Holding Your Breath

Nasal Cycle - History

- Discovered in 1895 by German, physician Richard Kayser
- Not an exact science
- Tool for developing interception.
- Expect constant changes throughout the day, usually in 90-120 min cycles
- Shift can often be induced through breathing

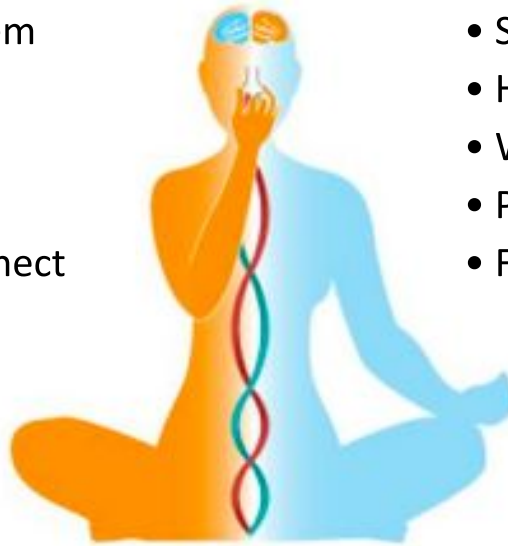
Nasal Cycle Test

- Place your index finger under your nose > exhale sharply x 3
- Which nostril is dominant? Which nostril does the air pass more easily?
- Right nostril = sympathetic nervous system
- Left nostril = parasympathetic nervous system
- Best times to test: morning, before/after meals, before bed

Nasal Dominance

Left Nostril Dominance

- Right brain activity / alpha brain wave
- Parasympathetic nervous system stimulated
- After eating
- Relaxed, tired, sleepy
- Love, empathy, emotional connect
- Feelings of calm and creativity



Right Nostril Dominance

- Left brain activity / beta brain wave
- Sympathetic nervous system stimulated
- Hunger
- Wakefulness / alert
- Prepped for physical activity / exercise
- Feelings of go-go-go, anxiety, action

BREATH TESTS

Empty Breath Hold Test

- Measure of how comfortable you are with CO2. The more comfortable and tolerant you are with CO2, the better your ability to relax and calm down.
- This is NOT an inhale hold, it's an EXHALE hold - retention at the BOTTOM - easier to measure, to get a baseline.
- Take three normal breaths. After the last exhale, close your nose tightly.
- Time yourself until your first feeling of breath hunger.
- If your diaphragm fires / twitches, you've gone too far - start over.
- Don't push or strain, it should be natural and comfortable.



Lung Capacity / Control Test

- This is a crude (but useful) gauge of lung capacity and breath control
- Take a huge inhale
- Exhale and count in your quietest, audible voice as high as you can
- Try again as it takes some practice
- Write down your number



Respiratory Rate & Resting Heart Rate

- Resting breathing rate and pulse/per minute.
- At rest, a healthy adult averages between:
 - 10-12 breaths per minute (*inhaling approximately 4–6 liters of air per minute*)
 - 60–100 heart beats per minute.



GUIDED PRACTICES

3 BREATHING CATEGORIES



GUIDED PRACTICE

COFFEE CATEGORY: BREATH OF FIRE

- **Breath of Fire**
- Mechanics
- Breath awareness, notice how you're feeling, mental inventory
- Breath of Fire, 10 x 1 round
- How do you feel. Notice the change in your body - develop interoception
- Breath of Fire, 20 x 1 round
- Pay attention to the subtle changes
- Breath of Fire, 20 x 3 rounds



How This Works

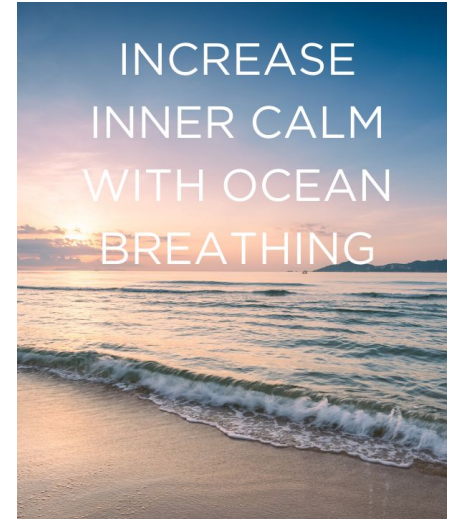
- Switching into SNS state on purpose.
- Because it puts you in fight/flight mode, we use it sparingly. You can do more, but stick at three rounds of 20 for now.
- This can be a really effective way to stimulate your body naturally in the mornings and get you going.
- NB: we don't want to agitate our system, we don't want to get over wired!

When To Use

- First thing in the morning, before exercise & 3pm slump (instead of sugar rush), when you need an energy boost for busy work.
- Use sparingly with caution, **especially** if feeling anxious
- Cranks up body
- Moves stuck energy
- Can help you with bad moods & frustration
- Helps with procrastination, break bad habits & strengthen resolve.
- **Intention setting** - What are you hoping to get out of this practice? Where do you want to be. Smile on the inside :).

Technique: Ocean Breath/Whisper Sound

- Sanskrit: “Ujjayi”
- Breathing technique, used with the practices.
- Restricting/reducing the amount of air coming through the throat, controlling the breath
- Stimulates the vagus nerve, PNS
- Use with Water and Whiskey practices



GUIDED PRACTICE

WATER CATEGORY - BALANCED BREATHING

- **Balanced Breath, 4:4**
- Mechanics
- Breath awareness
- Balanced Breath 4:4, x 10 rounds (w/ocean breath)
- Observe the effects of the practice on you



How This Works

- Like water, can be done anytime of the day, more than once, and for as long as you like
- Your Go-To Practice, come back to this again and again.
- Balancing - brings you into a state of coherence, harmony, balance
- Take your normal breathing rate, cuts it in half

When To Use

- Anytime you need to restore balance and harmony in your life
- Moves you back towards centre
- Bring you up if you're feeling depleted
- Bring you down if you're feeling amped up
- When you need to focus
- When you know you need take 5

GUIDED PRACTICE

WHISKEY CATEGORY - RELAXATION BREATH

- **Relaxation Breath 4:8**
- Mechanics
- Breath awareness
- 4:8 x 10 rounds (w/ocean breath)
- Observe the effects of the practice on you



How This Works

- Switching into PNS mode on demand
- The key to your relaxation is in the exhalation
- Focus on doubling the exhale
- Heart Rate drops
- Blood Pressure drops
- Increasing CO₂ in the system
- Can be challenging at first, esp if empty breath hold was low.

When To Use

- Primarily as an exercise to help you fall asleep at night
- Release stress & agitation
- Before “public” speaking or a difficult conversation

Assignment

- **Nasal Cycle**

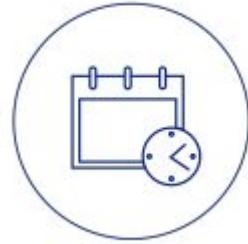
Test upon waking, before/after food, before/after exercise, before bed.

Test today, and retest 1x per week:

- **Empty Breath Hold**
- **Lung Capacity Test**
- **Resting Heart Rate**
- **Resting Respiratory Rate**

Daily Regime

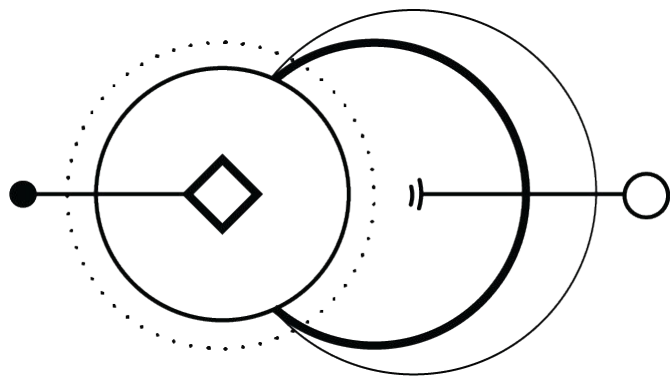
- 15 minutes, daily:
 - Morning: 5 mins Coffee Breathing
 - Midday / As Needed: 5 mins Water Breathing
 - Before Bed: 5 mins Whiskey Breathing
- Extra breathing therapeutically as needed
- Breath awareness throughout the day



Practice Is Everything

- Master the mechanics first, then build upon that.
- This week is a process of learning & doing at the same time can diminish the effects of the practice.
- If that happens, use the audios and try letting go of learning. It will come with practice.
- You get out what you put in.
- Takes 21 days to make a habit.
- My aim if to help you solidify the techniques and build the habit





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