



Breathwork is essentially about breathing the correct way, by breathing deep into the diaphragm in a conscious way, and slowing the rate at which we breath.

Science has shown that deep breathing results in many benefits, both physical and mental. The most commonly discussed benefit of deep breathing is that it stimulates the relaxation response, which helps lessen the symptoms of stress and anxiety.

Deep, mindful breathing for a few minutes can:

- Signal the Parasympathetic Nervous System to calm the body.
- Reduce the sensation of pain
- Eliminate toxins through our exhales (CO₂) and the lymphatic system
- Increase energy (hello extra oxygen intake)
- Calm the mind and increase focus and attention
- There are many breathing exercises out there.
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Here is the one I do: It's easy to remember and do.

- 1. Inhale for 4 seconds*
- 2. Hold for 5 seconds*
- 3. Exhale for 6 seconds*

The Basics:

* On the inhale (through the nose), expand the belly, then the diaphragm, then the upper chest. On the exhale, let the breath go through your mouth. This helps you relearn how to breathe deeply.

That's it. Do this for 2-3 minutes as needed to help calm your body, heart and mind.