

Breathing Practices to Improve Your Health and Wellness

Different Ways to Practice **Intentional** Breathing

This is a list of only *some* of the practices I've used personally or with clients. I use this list specifically to mitigate the effects of daily stressors in all aspects of life.

Like anything else, you have to learn about what you're doing, and try it consistently for a chosen time period. I recommend adopting any new practice for approx 2 consistent weeks before deciding if it works for you or not. Aim for deeper, fuller breaths.

Do not perform any of these if you experience lightheadedness, dizziness, pain, or any negative experience whatsoever. Please do your own further research on these and other breathing techniques before testing and practicing any of these techniques on your own. This list is meant to be a starting point if you're interested in improving the quality of your health, wellness, and fitness.

1. Diaphragmatic Breathing

Balloon Example: First time you blow it up it's harder to do bc it's rigid. Second time a little easier bc the balloon material has stretched. Start by laying flat or sitting tall. Take a big inhale (to reach the deeper, lower muscles) and a strong exhale to "fill the balloon" and activate the accessory muscles.

2. Directional Breathing

- a. Posterior: Lay prone and lay w squishy ball at bottom of sternum, restricting the breath from moving forward. Focus on breathing into the BACK and LATERAL SIDES of the body expanding the rib cage.
- b. Lateral: Lay on your side (like foam rolling your lats). Place a squishy ball (or something soft) under the rib cage, opening up the top side when inhaling.
- c. Anterior: Lay on your back and when you breath, expand outward/upward

3. Deep Breathing

~ 4-6 breaths / min

Use whatever inhale/exhale counting system you want

4. Controlled Breathing

4 breaths in one minute

5. Sama Vitti (equal breaths)

Choose one: 4 / 6 / 8 / 10 count

6. Ujjayi Breathing (Nasal Breathing)

Restricting the throat a tiny bit; it's a smaller airway to force the accessory muscles to activate and assist with exhalation

7. Oxygenating Breath

~ 4 count IN > 2 count HOLD > 6 count OUT

8. Alternate Nasal Breathing (all variations)

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