SCIENTIFICALLY PROVEN BREATHING TECHNIQUE TO IMPROVE PERFORMANCE

Oxygen Advantage® 1–Hour Workout Instructor Script

All exercises in this workout are performed breathing with the nose only.
The mouth should be kept gently closed throughout.

Benefits of Workout:

• Delays the onset of fatigue and lactic acid
• Improves aerobic performance
• Improves VO2 max (maximal oxygen uptake)
• Improves delivery of oxygen to organs and working muscles
• Reduces breathlessness during physical exercise
• Helps prevent exercise induced asthma
• Helps maintain fitness during rest or injury
• Helps maintain focus and concentration
• Highlights the importance of alignment and relaxation

Important:

The Oxygen Advantage® Workout is perfectly safe for the vast majority of people, however it does include some powerful exercises similar to performing high-intensity interval training. Just as high-intensity exercise is suited only to those with reasonably good health and fitness, those with any medical issues should perform the workout only with the consent of your medical practitioner. Certain exercises, such as strong breath holds, should only be carried out if you have a minimum BOLT score of 20. Whilst some exercises are challenging they should never feel stressful. Elements of this workout are not suitable if you are pregnant.
Overview:

1. Warm up with many small breath holds (2.5 minutes)

2. Breathe Light - hands on chest and tummy (2.5 minutes)

3. Preparation for simulation of altitude training (5 reps)

4. Simulation of altitude training (5 minutes)

5. Breathe Light - walking (5 minutes)

6. Breathe Light - walking, jogging/fast walking (5 minutes)

7. Slow squats (10 reps)

8. Push ups (10 reps)

9. Childs’ Pose (2 minutes)

10. Shark Fit (5 minutes)

11. Breathe Light Advanced (5 minutes)

12. Take home message (2 minutes)

   Advice on how to achieve optimal breathing in everyday life: mouth closed during the day, mouth closed during sleep, mouth closed during physical exercise. Pay attention to your breathing at different times throughout the day. Aim to spend one hour daily softening your breath, quietening your breath and feeling tolerable air hunger.

Let’s get started!
1. Warm up with many small breath holds (performed sitting down for 2.5 minutes)

**Objective:**

The objective of this exercise is to gently prepare the body for a tolerable feeling of breathlessness. By holding the breath for short periods of time, the gas nitric oxide (NO) slightly pools inside the nasal cavity and the gas carbon dioxide (CO2) slightly increases in the blood. Upon resumption of breathing, breathe in so as to carry NO from the nasal cavity into the lungs. As you hold your breath, you may feel a light hunger for air. This signifies that the gas CO2 is increasing in your blood. Both gases play an important role in opening airways, improving blood circulation and allowing more oxygen to be delivered to the cells. This exercise is ideal for a warm up, to help reduce stress, asthma symptoms and breathing recovery following physical exercise.

**Results:**

- Introduce air hunger
- Calming exercise in times of stress
- Emergency exercise to help with asthma, panic attack & hyperventilation

*Suitable for all persons.*
Script:

Let's begin by holding the breath for 5 seconds followed by normal breathing for ten seconds or so.

Posture

- Sit on a chair or in the lotus position.
- Imagine a piece of string gently pulling you upwards towards the ceiling, without creating rigidity in upper body or tension in ribcage, shoulders and neck.
- Imagine and feel the space between your ribs widening.

Instruction

- Take a normal breath in and out through the nose.
- Pinch your nose with your fingers to hold the breath for 5 seconds.
- 5,4,3,2,1
- Let go of your nose and breathe in and out through your nose for ten seconds.
- Just breathe as normal for ten seconds.
- And again, normal breath in, normal breath out and pinch your nose.
- When you let go, breathe in through nose.
- Breathe as normal for 10 seconds. Don't make any changes to your breathing. Just breathe as normal.
- As you hold your breath nitric oxide pools inside the nasal cavity. Breathing in after the breath hold will carry nitric oxide into the lungs. There it will help open the airways and improve oxygen uptake in the blood.
- You should not feel stressed while doing the exercise. If the air hunger is too much, then hold the breath for 3 seconds only.

Repeat

- And again, small breath in, small breath out and pinch your nose.
- 5,4,3,2,1
- When you let go, breathe in through nose.
- Breathe normally for about ten seconds.
- And again, small breath in, small breath out and pinch your nose.
• 5,4,3,2,1
• When you let go, breathe in through your nose.
• Breathe normally for about ten seconds.
• Repeat sequence for 2.5 minutes.
2. Breathe Light- sitting (2.5 minutes)

Objective:

This exercise helps to normalize breathing volume and address breathing pattern disorders. It involves reducing the amount of air you are taking into your body in order to create a tolerable hunger for air. This is the feeling that you would like to take a slightly bigger breath, or the feeling that you are not getting quite enough air. When you breathe less than what you were breathing before you started the exercise, a feeling of ‘air hunger’ is created. Achieving a slight or tolerable air hunger signifies that carbon dioxide has accumulated in the blood. One of the functions of carbon dioxide is to act as a catalyst for the release of oxygen from the red blood cells. Breathing slowly and lightly also enables nitric oxide to accumulate in the nasal cavity and travel to the lungs where it diffuses into the blood and performs its miracle work throughout the body. With gentle, light, and soft breathing, the blood vessels open and more oxygen is released from red blood cells to feed tissues and organs. With this exercise, we will concentrate on achieving air hunger only. Don't be concerned about breathing using the diaphragm. It doesn't matter at this point. If you are already doing so, then great. If not, that's fine. Just concentrate on slowing down the breath, quietening the breath, softening the breath. The objective is to sustain a tolerable air hunger for two and a half minutes. If the air hunger is too much, then take a rest for twenty seconds and return to it.
Results:

- Improve oxygen uptake and delivery
- Harness nasal nitric oxide
- Improve tolerance to carbon dioxide
- Normalize breathing volume
- Meditation to anchor the mind to the breath
- Improve concentration

*Suitable for all except those with serious health conditions and first trimester pregnancy.*

Script:

*Posture*

- Sit on a chair, lotus position or lie on your back in a semi supine position.
- If sitting, imagine a piece of string gently pulling you upwards towards the ceiling.
- Imagine and feel the space between your ribs widening.
- With your mouth closed, jaws relaxed, breathe normally in and out through your nose.
- Place your hands on your chest and tummy or on your lap.

*Awareness of breathing*

- Observe your breath as it enters and leaves your nose. Focus on the air flow as it moves in and out of your nose. Feel the slightly colder air entering your nose, and feel the slightly warmer air leaving your nose. Really concentrate on the air as it enters and leaves your nose.
- Bring attention to your breathing. It is normal for the mind to wander during this exercise. As soon as you notice the mind wandering, bring your attention back to your breathing.
- You may feel your chest move up and down or you might feel your tummy move in and out. At this point, don’t try to adjust anything simply become aware of your breathing.
Instruction

- When you are able to follow your breathing, take a short slow breath into the nose and allow a gentle relaxed breath out. Slow down the speed of air as it enters and leaves your nose. Breathe 80% of your normal breath in a slow and gentle manner. Breathing should be so light, quite and still.
- At the top of the inhale, bring a feeling of relaxation to your body and allow a slow, soft, relaxed breath out. The air should leave your body slowly and effortlessly.
- It is very important not to consciously interfere with your breathing muscles or restrict your breathing during this exercise. Don’t tense your stomach to reduce your breathing.
- Your breathing volume now should be less than what it was before you started the exercise.

Create air hunger

- The goal is to feel a want or ‘hunger’ for air. To have a feeling that you would like to take in a bigger breath.
- Once again, slowly take a short breath in, almost as if you are not breathing
- As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
- A short breath in.
- And a relaxed breath out.
- By taking a slightly shorter and slower breath in and allowing a relaxed slow breath out, carbon dioxide accumulates in the blood, which gives a feeling that you would like to take in more air.
- This is valuable feedback that you are performing the exercise correctly and reducing your breathing volume towards normal.

Repeat

- It is normal for the mind to wander. As soon as you notice the mind wandering, bring your attention back to your breathing.
- Once again, take a slower and shorter breath into your lungs.
- As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
• The air hunger you feel during this exercise should be tolerable.
• If you notice that your breathing rhythm is getting fast or chaotic, then the need for air is too much.
• In this case, stop the exercise and breathe normally for half a minute, then resume gentle light breathing to create a tolerable need for air.
• Don't deliberately interfere with your breathing muscles. Don't hold your breath. Don't freeze your breathing. Instead allow your breathing to soften - with a shorter breath in and a gentle relaxed slow breath out.
• Once again, take a smaller or shorter breath into your lungs.
• As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
• So now, breathe as normal as we move onto our next exercise.
3. Preparation for simulation of altitude training (5 reps)

**Objective:**

The objective of this exercise is to prepare the body for simulation of altitude training. This exercise is to be performed to a comfortable air hunger only.

**Results:**

- Experience a light to medium hunger for air (depending on BOLT)
- Prepare for stronger breath hold

_Suitable for persons with stress, asthma or prone to panic attack._

_Suitable for all except those with serious medical conditions and pregnancy._
Script:

- Take a small silent breath in and out through your nose.
- Hold your breath and walk for 10 to 15 paces.
- Stop walking, release your nose, breathe in through nose and resume gentle breathing in and out of your nose.
- Wait for 30 to 60 seconds and repeat.
- And again. Take a small breath in and out through nose. Pinch nose with fingers and walk 10 to 15 paces while holding your breath.
- Stop walking, release your nose, breathe in through nose and resume gentle breathing in and out of your nose.
- Wait for 30 to 60 seconds and repeat.
- Repeat five times.
4. Simulation of altitude training (5 minutes)

Simulation of Altitude Training (5 minutes)

Breathe in and out through nose

Pinch nose with fingers to hold your breath

Walk with breath held

When you feel a medium hunger for air, increase your pace to a fast walk or jog
Continue jogging until you feel a strong hunger for air

Let go of nose and breathe in through nose

Walk a few paces. Stop and minimize your breathing for six breaths.

Normal breathing for 12 to 18 breaths

Repeat
Objective:

Holding the breath following a passive exhalation to create a strong air hunger causes a disturbance to the blood acid base balance. As the breath is held, oxygen continues to be extracted by the cells and excess carbon dioxide cannot leave the blood through the lungs. Regular practice of breath holding exposes the body to increased acidosis which causes adaptations to it- neutralizing the acidity of the blood during intense exercise and delaying the onset of fatigue.

This combination of an increase of carbon dioxide (hypercapnia) and a decrease in blood oxygen saturation (hypoxia), along with the sensation of discomfort of the diaphragm, causes the respiratory centre to send impulses to the breathing muscles to resume breathing in order to restore blood gases to normal. As the breath hold continues, these impulses increase in intensity, causing the diaphragm to contract repeatedly. In essence, the diaphragm receives a workout, as it continues to contract throughout the breath hold.

Holding the breath until a strong air hunger is experienced exposes the body to short term stress. This is beneficial as the body makes adaptations to improve functioning of the immune system. Breath holding also improves psychological preparedness and willpower as it helps an athlete to tolerate strong feelings of breathlessness, and significantly helps reduce exercise-induced asthma.

For this exercise it can be motivating to wear a hand-held pulse oximeter such as NONIN to observe your blood oxygen saturation lower to 80 to 87%, simulating training at an altitude of 4,000-5,000 metres (13,000-16,400 ft).

In my experience, the vast majority of students can achieve simulation of altitude training within three to four days of practice. Progress will depend on your BOLT, your level of fitness, and genetic predisposition. (Many athletes simulate altitude training on the first day of practice).

Results:

- Experience a medium to strong hunger for air
- Activate the diaphragm
- Improve respiratory muscle strength
- Improve immune function
• Reduce the perception of breathlessness
• Greatly disturb blood gases (hypoxic/hypercapnic response) to improve aerobic and anaerobic capacity
• Generate anaerobic glycolysis without having to perform intense physical exercise
• Reset the breathing centre
• Quieten the mind (mind stops thinking during stronger breath hold)
• Measurement of upper limit of breathlessness

Only suitable for persons in good health.

Script:

Posture
• While walking, allow your shoulders to relax and imagine a piece of string pulling you upwards towards the ceiling.
• Allow the space between your ribs to widen.
• Look ahead- not up or down.

Instruction
• Take a small, silent breath in and allow a small, silent breath out through your nose.
• Pinch your nose with your fingers to hold your breath.
• Start walking with your breath held.
• When you feel a medium air hunger, increase your pace to a fast walk or jog.
• Continue jogging while holding the breath until you feel a strong air hunger.
• Relax into the muscle contractions.
• Bring a feeling of relaxation to your body.
• Push, push.
• When it becomes difficult, let go of nose and breathe in through nose.
• Walk a few paces and stop.
Minimal breathing for 6 breaths

- Minimize your breathing for six breaths.
- Take very short breaths in and out of nose. Just breathe enough air to fill the nostrils and no more. Take hardly any air into your lungs for six breaths or so.

Recover breathing for 12 to 18 breaths

- And now normal breathe for 12 to 18 breaths. Allow your breathing to recover.
- Just follow your breathing. Don't make any change to your breathing. Just feel the slightly colder air coming into your body and the slightly warmer air leaving your body.
- As you perform this exercise, concentrate on your breathing.

Repeat

Perform five repetitions
5. Breathe Light - walking (5 minutes)

Breathe Light Walking (5 minutes)

Begin by walking
Imagine a piece of string bringing you upwards

Breathe softly and slowly through the nose

Create a hunger for air

After a couple of minutes walking, block one of your nostrils with your finger

Sustain a tolerable hunger for air
Objective:

Take the exercise Breathe Light into physical movement. During physical exercise carbon dioxide is generated through increased metabolic activity. Breathing Light while performing physical exercise is an excellent way to help reset the breathing centre towards a more normal breathing volume. As you walk, bring your attention to your breathing, feel your breathing, follow your breathing and gently slow it down. This is a walking meditation. Two minutes into your walk, block one nostril with your fingers. This will concentrate the flow of air through a more narrow space, making it easier to focus on the breath, to slow it down and reduce it. The objective is to create a tolerable need or hunger for air. If the air hunger is too strong, then reduce the pace or use both nostrils to breathe. As you walk, continue to bring your attention to your breathing.

Results:

- To recover from the previous exercise
- To experience physical movement while breathing in and out through nose
- To prepare for faster paced exercise with nose breathing
- To pay attention to breathing during walking (A walking meditation)
- To slow down breathing during physical exercise
- Breathe Light during physical movement to help reset the breathing centre towards a more normal volume of breathing

*Suitable for all persons.*
Script:

Posture

- Begin by walking at a moderate pace with your mouth closed.
- As you walk, bring your body upright, imagine the space between your ribs widening. Have your head looking forward. Not to look up or down.

Awareness

- I would like you to take your attention from your mind and place it on your breath.
- Concentrate on your breathing. Focus on your breathing.
- Feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.
- So once again, feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.
- It is normal that your mind will wander during the exercise. Each time it does, gently bring your attention back on to your breath.

Create air hunger

- The objective is to breathe light during your walk, to breathe less than what you normally would do, to feel a hunger for air.
- As you feel the air entering and leaving your nostrils, gently soften your breathing.
- As you continue to walk, slow down the speed of air as it enters your nostrils.
- Slow down the speed of air as it leaves your nostrils.
- Take a slow and gentle breath in and allow a relaxed gentle breath out.
- Breathe softly so that the fine hairs within your nostrils do not move.
- Breathe softly to allow nitric oxide pool inside the nasal cavity, to be carried to the lungs.
- There it helps to open the airways and improve oxygen uptake in the blood.
- Slow down the speed of your in-breath and allow a gentle relaxed breath out.
- As you slow down your breathing, carbon dioxide increases to allow more oxygen to be released to the cells.
Block one nostril

- (After a couple of minutes walking) Now, I would like you to block one of your nostrils with your finger.
- It doesn't matter which nostril you block.
- This will concentrate the air entering and leaving your nostrils.
- Soften your breathing as you breathe through one nostril. The objective is to create a tolerable need for air, to feel slightly breathless, to want to take in more air.
- Bring your complete and undivided attention to your breathing.
- It is normal for the mind to wander.
- When your mind wanders, bring your attention back to your breath.

Repeat for the duration of the exercise

- The objective is to breathe light during your walk, to breathe less than what you normally would do, to feel a hunger for air.
- As you feel the air entering and leaving your nostrils, gently soften your breathing.
- As you continue to walk, slow down the speed of air as it enters your nostrils.
- Slow down the speed of air as it leaves your nostrils.
- Take a slow and gentle breath in and allow a relaxed gentle breath out.
- Breathe softly so that the fine hairs within your nostrils do not move.
- Breathe softly to allow nitric oxide pool inside the nasal cavity, to be carried to the lungs.
- Focus on your breathing, feel your breathing, follow your breath.
- Bring your complete and undivided attention to your breathing.
- It is normal for the mind to wander.
- When your mind wanders, bring your attention back to your breath.
- Continue this exercise for five minutes.
6. Breathe Light - walking, jogging/fast walking (5 minutes)

Breathe light- walking, jogging/fast walking (5 minutes)

Increase the pace to a fast walk or light jog

Go at a pace where you can maintain nasal breathing

Bring a feeling of relaxation throughout your body

After one minute jogging, slow down to a walk

Repeat three times: Jog one minute, walk with minimal breathing 6 breaths, walk with normal breathing 12 to 18 breaths.

Minimize breathing for 6 breaths

Normal breathing for 12 to 18 breaths
Objective:

Introducing physical movement with light breathing is very helpful in resetting the respiratory centre towards functional breathing patterns. This exercise involves jogging with mouth closed for one minute, followed by walking for 45 seconds to one minute etc. While this exercise is a challenge, it should not be stressful. The objective is to push oneself, but not to lose control of your breathing. For persons unable to jog, fast walking will suffice.

Results:

- To engage in physical exercise to generate carbon dioxide.
- To bring attention to breathing during physical movements.
- To help reset the breathing centre.
- To add an extra load to breathing.

Suitable for all persons.

Script:

*Instruction*

Go straight from exercise 5 to exercise 6 - increase the pace to a fast walk or Jog. Continue for one minute.

- Now I would like you to increase the pace to a fast walk or light jog. Go at a pace where you can maintain nasal breathing.
- It should be a slight challenge but not stressful.
- Continue to breathe in and out through your nose.
- Don't hold your breath. Don't freeze your breathing. Just breathe gently in and out through your nose.
**Awareness of breathing**

- As you move, bring a feeling of relaxation throughout your body. Move with every cell of your body.
- Focus on your breathing. Feel the slightly colder air as it enters your nose, and feel the slightly warmer air as it leaves your nose.
- Disperse your attention from the top of your head right down to your toes.

**Instruction**

- As you bring a feeling of relaxation to your body, allow your breathing to soften.
- Allow your breathing to relax. Allow your breathing to quieten.
- The objective is to breathe less during this exercise than what you normally do.

**Create air hunger**

- Continue jogging for about one minute while maintaining a feeling that you are not getting enough air. Allow your breathing to relax and soften.
- It is normal for your mind to wander. When it does, bring your attention back to your breathing.
- You are not just a head. Get out of your head. Don't live stuck in your head. Take your attention out of your head and onto your breath. Into the inner body.
- Now I would like you to slow down to a walk.

**Minimal breathing for 6 breaths**

- As you walk minimize your breathing for six breaths.
- Take very short breaths in and out of your nose. Just take a flicker of air in and a flicker of air out.
- Bring enough air to fill your nostrils and no more.
- Breathe less than what you would be breathing normally.
- The objective is to create an air hunger.
- You should feel that you are not getting enough air.

**Recover breathing for 12 to 18 breaths**

- Now, breathe as normal for 12 to 18 breaths.
- As you walk, take your attention out of your mind and place it on your breath.
• I would like you to concentrate on your breathing. Focus on your breathing. Make your walk a meditation.

• Feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.

• It is normal for the mind to wander. If your mind wanders, gently bring your attention back to your breathing.

• Follow your breath. Feel your breathing. Take your attention out of your head and onto your breathing. Feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.

Repeat: jog for one minute, walk with minimal breathing for 6 breaths, normal breathe for 12 to 18 breaths. etc.
7. Breathe Light during Squats (2 minutes)

Slow Squats (10 reps)

- Look straight ahead at a spot on the wall.
- Knees in line with your feet.

Back straight and your chest and shoulders up.
Lower your body as if you are sitting into a chair.

Inhale slowly down.
Exhale slowly up.
Results:

- Improve muscle strength
- Coordinate breathing with movements

INHALE DOWN, EXHALE UP, INHALE DOWN, EXHALE UP

1. Stand while looking forward.
2. Feet shoulder width apart. Keep your toes at a comfortable outward position.
3. Stand on the soles of your feet.
4. Extend your hands in front of you to help with balance. Clasping your hands can help.
5. Lower your body as if you are sitting into an imaginary small chair. Keep looking forward and do not let your chest drop.
6. Lower slowly down and slowly breathe in.
7. Keep pressure in the heels with feet flat on the floor.
8. Lower your body so that your thighs are parallel to the floor, and your knees are over your ankles. Press your weight back into your heels.
9. To rise, push through your heels.
10. Slowly rise and as you do, slowly breathe out.
11. Inhale down, Exhale up.
12. Co-ordinate your breath with the movement.

One set of 10 squats or whatever you are able to do
8. Breathe Light during Push Ups (2 minutes)

**Push Ups (10 reps)**

- **Bring your attention fully into the muscles that you are targeting**
- **Hands a little wider than your chest, with fingers apart**
- **Straight body, don’t sag or arch your back upwards**
- **Elbows at a 45 degree angle**

Lower slowly down and slowly breathe in

Lower body all the way down so that your chest is close to the floor

Inhale down, Exhale up
Objective:

Incorporating Breathe Light principles into other exercises. Adding an extra load to the exercise, targeting specific muscles. Coordinating breathing with movement. Generating air shortage using well know exercises.

Results:

- Target multiple muscle groups
- Protect shoulder from injury
- Improve posture
- Coordinate breathing with movements

Script:

INHALE DOWN, EXHALE UP, INHALE DOWN, EXHALE UP

- Place your feet together, side by side. Toes and heels together.
- Have a straight body. Don't sag or arch your back upwards.
- Beginners can push against a wall or have their knees resting on the ground.
- Bring your attention fully into the muscles that you are targeting.
- Hands a little wider than your chest, with fingers apart.
- Elbows at a 45 degree angle.
- Lower slowly down and slowly breathe in.
- Lower body all the way down so that your chest is close to the floor.
- Rise slowly up and slowly breathe out.

One set of 10 repetitions. Beginners to do what they can.
9. Breathe Light during Childs’ Pose (2 minutes)

**Objective:**
- To experience air hunger from a traditional Yoga pose
- To Breathe Light

**Childs Pose (2 minutes)**

As you hold the pose, gently soften your breathing. Gently stand up.
Results:

- To recover breathing from previous exercises
- Use posture to naturally restrict and reduce breathing

Script:

- Have your knees apart.
- Rest your buttocks on your heels.
- Big toes together.
- Rest your forehead to the mat.
- Allow your stomach to rest on your thighs.
- Stretch your hands forward.
- As you hold the pose, gently soften your breathing.
- Feel the airflow as it enters and leaves your nose.
- Gently soften the breath.
- Soft, slow, gentle breath in.
- Soft, slow, gentle breath out.
- Hold the pose for 2 minutes.
- Gently stand up.
10. Shark Fit (5 minutes)

Shark Fit (5 minutes)

Exhale and pinch nose with fingers

Start walking while holding your breath

At medium hunger for air, fast walk or jog

Continue until strong air shortage
Breathe in through nose, walk and minimize breathing for 6 breaths

Normal breathing for 12 to 18 breaths

Repeat five breath holds

Walk → Jog → Walk → Minimize breathing for 6 breaths → Normal breathing for 12 to 18 breaths → Walk → Jog → Repeat

Hold breath until strong air hunger
Objective:

This exercise is similar to number 4, the only difference is to continue walking in between the breath holds.

During the breath hold, increase your pace to a fast walk or jog as the air hunger becomes stronger. It is likely you will feel your breathing muscles contract as they attempt to draw air into the body. This is normal and to be expected. To help prolong the air hunger, bring a feeling of relaxation throughout the body.

While this exercise is a challenge, it shouldn't be in any way stressful. As the air hunger becomes stronger, walking faster or jogging while holding your breath is advisable. Walk at a moderate pace in between breath holds to recover.

Results:

- Experience a medium to strong hunger for air
- Improve respiratory muscle strength
- Improve immune function
- Reduce the perception of breathlessness
- Greatly disturb blood gases (hypoxic/hypercapnic response) to improve aerobic and anaerobic capacity
- Reset the breathing centre
- Quieten the mind (mind stops thinking during stronger breath hold)

*Only suitable for persons in good health.*
Script:

Posture

- While walking, allow your shoulders to relax and imagine a piece of string pulling you upwards towards the ceiling. Allow the space between your ribs to widen. Look ahead— not up or down.

Create air hunger

- Take a silent breath in and a silent breath out through your nose.
- Pinch your nose with your fingers to hold your breath.
- Start walking while holding your breath.
- When you feel a medium air hunger, increase your pace to a fast walk or jog.
- Continue jogging while holding the breath until you feel a strong air hunger.
- Relax into the muscle contractions.
- Bring a feeling of relaxation throughout your body.
- Push, push, push.
- When it becomes difficult, let go of nose and breathe in through nose.
- Release your nose.

Minimal breathing six breaths

- Walk and minimize your breathing for six breaths.
- Take very short breaths in and out of your nose. Just breathe enough air to fill the nostrils and no more. Take hardly any air into your lungs for six breaths or so.

Recover breathing for 12 - 18 breaths

- And now normal breathe for 12 to 18 breaths. Just follow your breathing. Don't make any change to your breathing. Just feel the slightly colder air coming into your body and the slightly warmer air leaving your body.
- As you perform this exercise, concentrate on your breathing.
- Follow your breath when you resume breathing.
- After walking with normal breathing for 12 to 18 breaths, repeat the breath hold followed with minimal breathing for 6 breaths.
- Practice five breath holds.
11. Breathe Light Advanced (5 minutes)

Breathe in softly- book gently rise

Breathe out softly- book gently falls

Allow gravity to help soften the breath and reduce breathing volume

The goal is to create a tolerable need for air, while deep breathing using the diaphragm

Breathe Light and Breathe Deep
Objective:

This exercise can be performed while sitting or lying on the back in the semi supine position. The goal of the exercise is to breathe light while using the diaphragm. It is easier to activate abdominal breathing while lying on your back in a semi-supine position. With this simple exercise, you can reduce your breathing movements by 20 to 30 percent. If your stomach muscles start to feel tense, contract, or jerk, or if your breathing rhythm becomes disrupted or out of control, then the air hunger is too intense. In this situation, stop practicing the exercise for 15 seconds or so and then return to it. The most common mistake is to deliberately tense the muscles of the chest or abdomen to restrict breathing movements. If you find this happening, then take a break from the exercise for 15 seconds or so. When you return to it, encourage your breathing to reduce by exerting gentle pressure on your chest and abdomen with your hands, encouraging your breathing to slow and diminish using relaxation rather than force. Do not be concerned about the number of breaths you take per minute. Ideally, this should not increase. However, if your BOLT score is less than 20 seconds you may find that your breathing rate increases during the exercise. If this happens, try to slow down your breathing and keep it calm. As your BOLT score increases it will become much easier to maintain control of your breathing during reduced breathing exercises.

At first, you may only be able to maintain an air hunger for 20 seconds before the urge to breathe is too strong. With practice, you will be able to maintain an air hunger for longer periods. Remember, you are trying to create an air hunger that is tolerable but not stressful. Aim to maintain this tolerable air hunger for 3 to 5 minutes at a time.

During reduced breathing exercises it is vital that you create a hunger for air in order to bring about an accumulation of carbon dioxide in the blood. When this happens, the respiratory centre in the brain is reset towards a calmer and more normal breathing volume.

Results:

- Address dysfunctional breathing patterns
- Activate the diaphragm
- Normalise breathing volume
- Meditation as brings attention to the breath
Script:

Lie on a mat with a small pillow under your head and your knees bent, as shown above.

Activate the diaphragm

- Place a book or hand just above your navel.
- Concentrate on breathing into the abdomen.
- Breathe in, gently guide the book or hand upwards.
- Breathe out, gently guide the book or hand downwards.
- While breathing in, imagine inflating your belly with a light amount of air and watch your hand rise. While breathing out, imagine a balloon slowly deflating of its own accord.

Breathe Light

- When you are able to breathe using your diaphragm, focus on taking a short slow breath into the nose. Slow down the speed of air as it enters and leaves your nose.
- Breathe 80% of your normal breath in a slow and gentle manner. Breathing should be so light, quite and still.
- Short, slow breath in.
- Slow, gentle breath out.
- At the top of the inhale, bring a feeling of relaxation to your body and allow a slow, soft, relaxed breath out.
- Breathe in hand rises.
- Breathe out hand falls.
- Take a short, slow breath in.
- Allow a slow, gentle breath out.
- Don't interfere with your breathing muscles or restrict your breathing. Don’t tense your stomach to reduce your breathing.
- Just allow your breath to soften, to relax, to go still.
Experience air hunger

- The objective is to feel a want or hunger for air. To have a feeling that you would like to take in a bigger breath.
- Once again, take a short slow breath in.
- As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
- Breathe in, gently guide your hand upwards.
- Breathe out, gently guide your hand downwards.
- With gentle, light, and soft breathing, blood vessels open allowing more oxygen to be released to the tissues and organs.
- Continue in the same way: slow short breath in, relaxed breath out, slow short breath in, relaxed breath out.
- Allow the body to relax, allow the breath to relax, allow your breathing to soften.
- Breathing should be quiet, calm, regular, gentle and easy. Slowing down the exhalation brings the body into relaxation.

Repeat

- Breathe in, gently guide your hand upwards.
- Breathe out, gently guide your hand downwards.
- It is normal for the mind to wander. As soon as you notice the mind wandering, bring your attention back to your breathing.
- Once again, take a slower and shorter breath into your lungs.
- As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
- Continue in the same way: slower and shorter breath in, relaxed breath out, slower and shorter breath in, relaxed breath out.
- Breathing should be quiet, calm, regular, gentle and easy. Slowing down the exhalation brings the body into relaxation.
- The air hunger you feel during this exercise should be tolerable.

Achieve a tolerable air hunger
• If you notice that your breathing rhythm is getting fast or chaotic, then the need for air is too much.
• In this case, stop the exercise and breathe normally for half a minute, then resume gentle light breathing with your hands against your chest and tummy to create a tolerable need for air.
• Don't deliberately interfere with your breathing muscles. Don't hold your breath. Don't freeze your breathing. Instead allow your breathing to soften - with a shorter breath in and a gentle relaxed slow breath out.
• Continue in this manner. A short slow breath in and a gentle relaxed breath out
• Continue breathing softly and maintain the feeling that you are not getting enough air, that you would like to take in more air, that you feel a deprivation for air.
• As you soften your breathing- short breath in and a gentle relaxed breath out, the gases Nitric Oxide and Carbon dioxide will open your airways and blood vessels, allow more circulating oxygen and improved oxygen delivery to tissues and organ including the heart and brain.
• Once again, take a smaller or shorter breath into your lungs.
• As you breathe out, bring a feeling of relaxation to the body, allowing the air to leave the body effortlessly.
• Continue in the same way: shorter breath in, relaxed breath out, shorter breath in, relaxed breath out.
• Breathing should be quiet, calm, regular, gentle and easy. Slowing down the exhalation brings the body into relaxation.

Take home message:

• Breathing should be nasal at all times (day and night), quiet, gentle and soft.
• Pay attention to your breathing, focus on relaxing the body and breathing muscles throughout the day.
• Nighttime protocol – tape the lips.

END OF WORKOUT