



Mindful Breathing and Presence Techniques

All of us take about 20,000 breaths every day, yet many are not aware of the transformative power of controlled breathing.

Use this workbook to start your breathing journey with exploring 3 fundamental breathing technique categories and 3 presence practices.

FOCUS ON EXHALE:

Mindful breathing and presence techniques guide

Energising

When you breathe fast (20 breaths/min or more) your CO2 levels go down, your blood goes slightly more alkaline, your breathing passages get constricted and blood flows primarily to your heart and muscles as **your sympathetic nervous system activates** - your 'Fight or Flight' state.

Using '**coffee**' or **energising category** breathing practices can create 'an energy boost' for a productive morning or help shake off the after-lunch slump.

*If you have high energy levels, take medications, or are pregnant please be mindful with this practice.

TRY THIS PRACTICE (BREATH OF FIRE):

Quick outburst of exhales through your nose x10, inhale automatically.

Inhale to prepare.

Exhale,

Exhale,

Exhale.

Exhale.

Exhale.

Exhale.

Exhale.

Exhale.

Exhale.

Exhale.

Repeat 3 rounds of x10.

MORNING OR BEFORE EXERCISE
CONSTRICTS BLOOD VESSELS
BREATHING PASSAGEWAYS
BLOOD FLOWS TO HEART & MUSCLES
FAST, >20 BREATHS/MIN
REDUCES CO2

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Balancing

What is the number one beverage that you should be drinking? It's water. Similar to the drink, **balancing 'water' breathing category** is the most relevant practice to tone your nervous system.

Balanced water breathing has an **adaptogenic effect** on your nervous system. **If you're up, it will bring you down; if you're down, it will bring you up.**

*Suitable for everyone to practice as much as possible at any time of the day.

TRY THIS PRACTICE (STEADY 4):

Inhale on 4, Exhale on 4

You can add a short hold for 1 at the top of the inhalation and the end of the exhalation.

Practice with music: Chose your favourite beat or one of the songs from our playlist.



ANY TIME OF THE DAY,
BALANCED, 4-6 BREATHS/MIN,
CO2 LEVEL RISES,
TONES NERVOUS SYSTEM



Calming

In the evenings, we often feel "wired but tired" and struggle to relax. To let your nervous system shift to its parasympathetic state - **your 'rest & digest' mode** try to **focus on exhale** to slow down your breath. When you **breathe light and slow** (about 4 breaths per minute) your CO2 level rises, your heart rate slows down and your blood vessels dilate, helping your overall blood pressure to reduce, and all restorative processes to start.

Calming 'whiskey' breathing techniques have various benefits, such as massaging organs, strengthening chest muscles, improving digestion, and enhancing sleep quality. These practices are particularly helpful after meals, in the evening, and **before bedtime**.

*This practice can be done seated or lying down, but never while driving or doing anything active.

**TO BUILD UP TOWARDS
THE 4-7-8 PRACTICE,
TRY THIS:**

Start with a few normal breaths

Inhale 4 - Exhale 6

Inhale 4 - Hold 4 - Exhale 6

Inhale 4 - Hold 6 - Exhale 6

Inhale 4 - Hold 7 - Exhale 8

BEFORE BED OR AFTER EATING,
CALMING, <4 BREATHS/MIN,
CO2 LEVEL RISES,
REDUCE STRESS OR ANXIETY

Presence practice 1 Reflect

To see where you need to recognise where

to move, it's important to do you stand now.

Fill in this page to visualise where do you stand now.

How do I feel about:



My body	Unhappy	<input type="radio"/>	Happy							
My emotions	Unstable	<input type="radio"/>	Stable							
My mind space	Overwhelmed	<input type="radio"/>	Balanced							
	Unclear									Clear
My intentions		<input type="radio"/>								
My values		<input type="radio"/>								
My career goals		<input type="radio"/>								
My purpose		<input type="radio"/>								

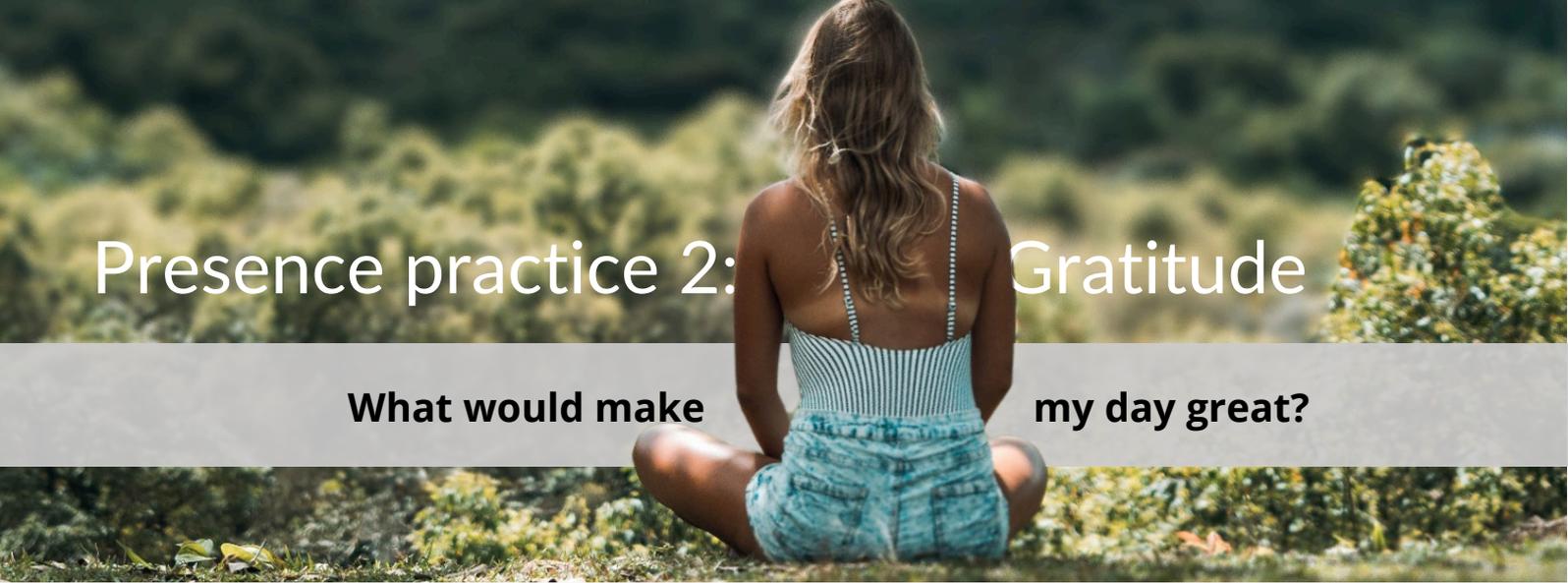
What do I want to let go of?

What do I love in me?

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Presence practice 1: Reflect



Presence practice 2: Gratitude

What would make my day great?

I am grateful for...

Anything or anyone, big or small. Yesterday, last week, year. Keep this list growing (it's great to look at it later!)

What would make my day great?

Today, this week, this month... write it down.

FOCUS ON EXHALE:

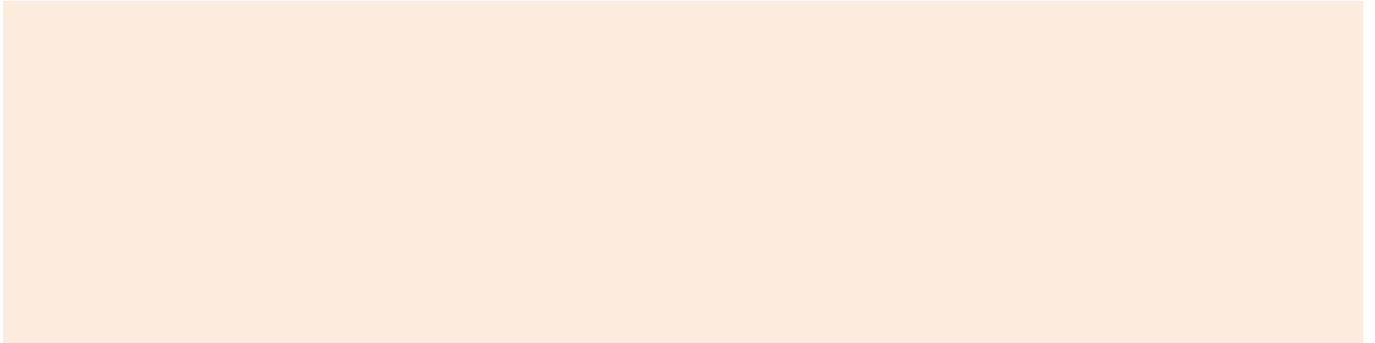
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Presence practice 2: Gratitude

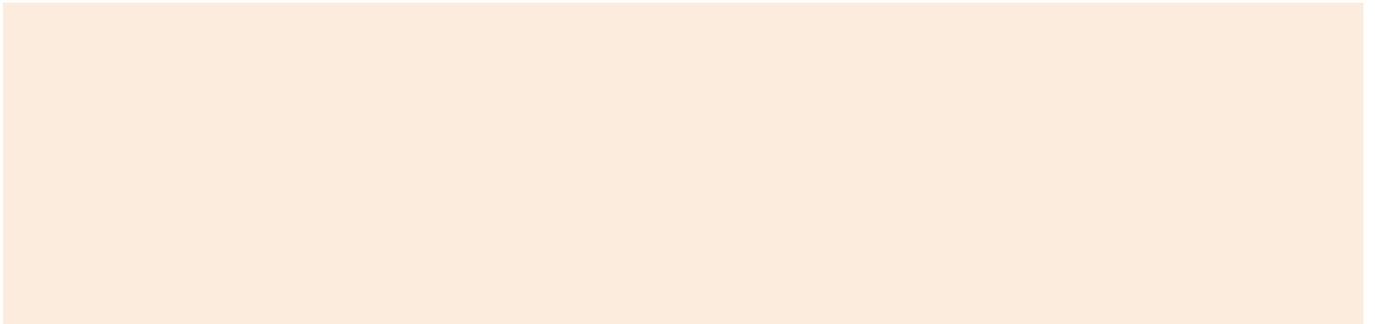
Presence practice 3: Manifest

Keep the same attitude, write and see what comes.

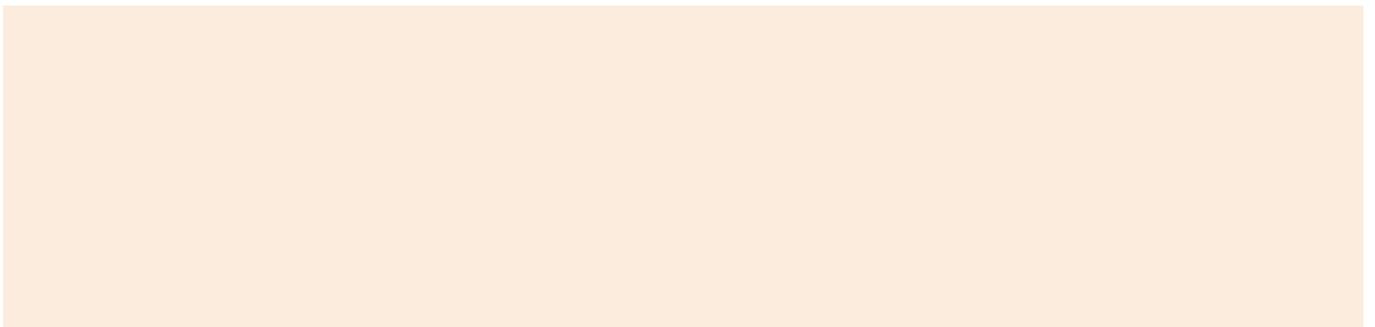
My intentions:



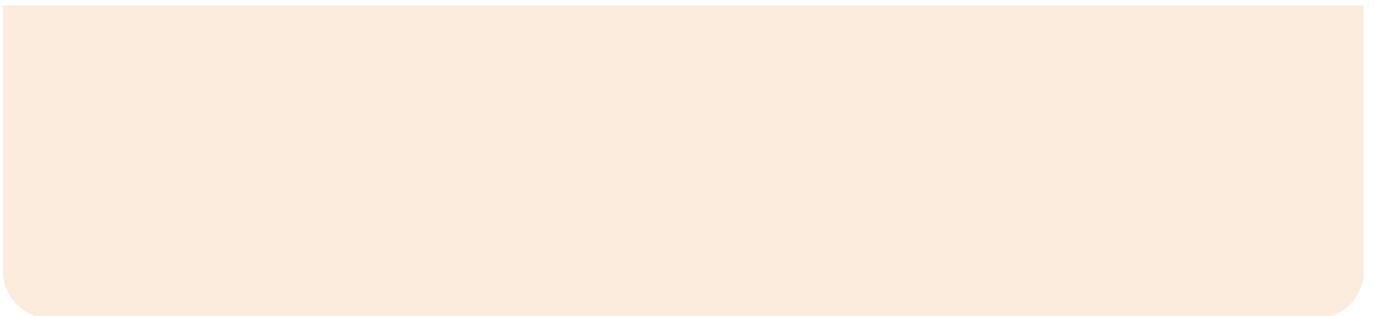
My values:



My career goals:



My purpose:



FOCUS ON EXHALE:

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How to keep up your mindful practice?

- Start and end your day with a 3-5 minute breathing practice
- Practice 3 techniques during the day
- Journal your intentions and goals
- Find supportive community: Join my WhatsApp or Instagram
- Join Free Live sessions on Zoom
- Plan mindful activities with friends or colleagues (it's fun to do it together!)

Based in Zurich I host Yoga & Breathing Workshops, Events & Retreats. In my programs, I cover breathing anatomy, the NS, gas exchange & daily practices that intend to help you integrate healthy habits into your daily life. For individuals, teams at work or friends it's a way to learn something new while having fun.



Thank you,
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