

BE HERE WELL

Session One

Breath Testing

Agenda



- Course outline, Questions, Check-in, Intentions
- Guided practices
- Nasal test
- Empty breath hold test
- Lung capacity test
- Homework & Questions

YB Breathing

Scientific, Simple, Safe & Effective

YogaBody Breathing

Don't need to be a Yogi!

Simple, scientific exercises that anyone can use to quickly affect their autonomic nervous system, stress response, mood and energy levels.

The objective is to empower you with this tool of self care.

Guided Practices

- **Breath of Fire**
- Breath of Fire, 20 x 3 rounds

Breath Testing

History - Nasal Cycle

- Discovered in 1895 by German, physician Richard Kayser
- Not an exact science / approx 10% fail rate
- Best times test: morning, before/after meals, before bed
- Expect 90-120 minute shifts
- Shift can often be induced through yoga breathing

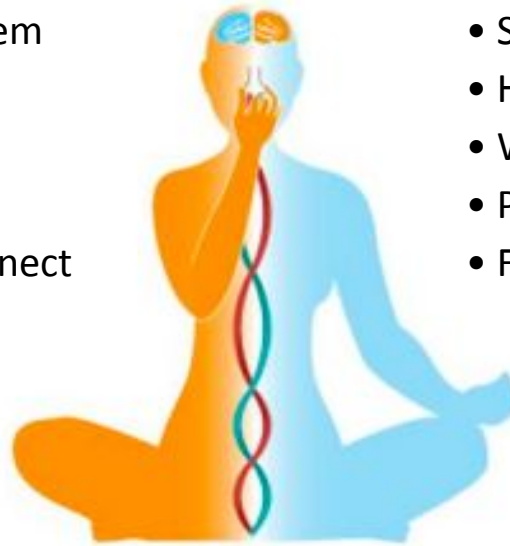
Nasal Cycle Test

- Place your index finger under your nose > exhale
- Which nostril is dominant? Which nostril does the air pass more easily?
- Right nostril = sympathetic nervous system
- Left nostril = parasympathetic nervous system
- Expect constant changes throughout the day, usually in 90-120 min cycles

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

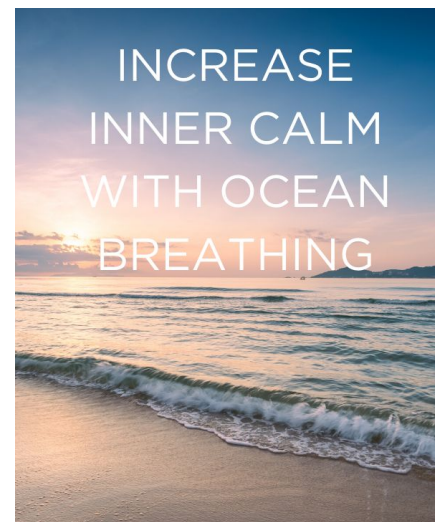


Right Nostril Dominance

- 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

Ocean Breath

- Ujjayi
- Breathing Technique
- 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 Practices

- **Water, Balanced breathing 4:4**
- Ocean breathing
- Water, Balanced breathing 4:4, x 10 rounds (w/ocean breath)
- **Whiskey Breathing**
- 4:8 Relaxation Breath, x 10 rounds (w/ocean breath, on back)

Empty Breath Hold Test

- 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

- 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
- This is a crude (but useful) gauge of lung capacity and breath control

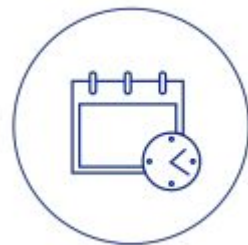


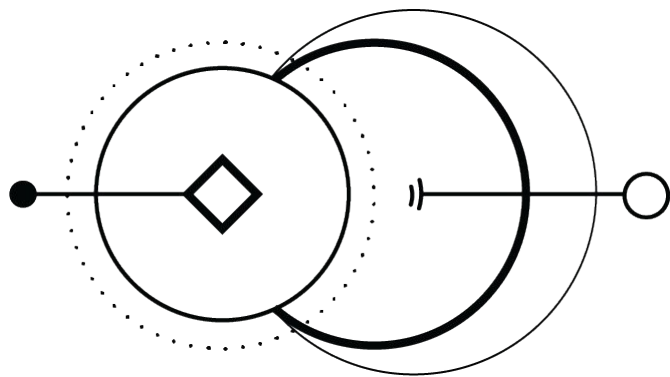
Assignment

- **Nasal Cycle**
Test upon waking, before/after food, before/after exercise, before bed.
- **Empty Breath Hold**
Test today and 1x per week for the next month.
- **Lung Capacity Test**
Test today and retest 1x per week for the next month.

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





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