

BE HERE WELL

Session Three

Science of Breathing

Understanding the Body-Mind Connection

Agenda



- Questions & Check-In
- Guided Practices
- Muscles of breath
- Oxygen's Role
- CO₂'s Role
- Homework & Questions

Guided Practices

- **Bellows Breath**
- Bellows Breathing, 3-5 Rounds Bellows x10

Muscles of Breathing

- STEP 1: Diaphragm
- STEP 2 (optional): Intercostal muscles
- STEP 3 (optional): Accessory muscles (neck, shoulders, back)

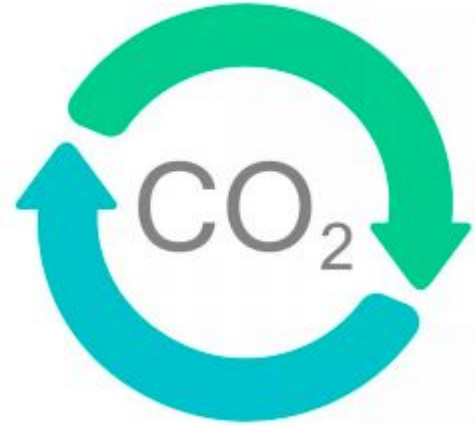
Oxygen's Role

- Essential for every cell in your body
- Oxidation, chemically changes food and liquid into energy
- Contracts muscles
- Repairs your cells
- Feeds your brains
- Cleanses the body



CO₂'s Role

- Vasodilation
- Dilation of breathing passageways
- Increases O₂ absorption
- Elimination of waste



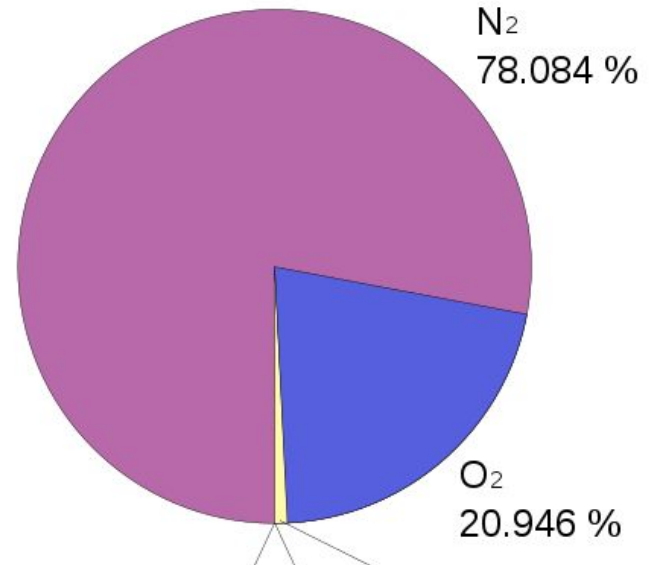
O₂ & CO₂ = Good

- The goal is balance
- O₂ is good, CO₂ is also good
- The exchange is essential for health
- Yoga breathing is mostly about manipulating CO₂ levels in the lungs / blood



Dry Air Inhaled

- 78.09% nitrogen
- **20.95% oxygen**
- 0.93% argon
- 0.04% carbon dioxide
- Traces of other gases



Why Nose Breathing?

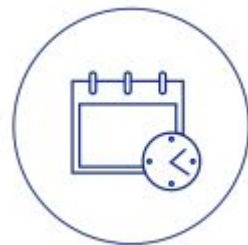
- Temperature control, humidifies, and purifies the air
- Adds friction and control to the breath that increases breath efficiency
- Triggers neuroreceptors in your nose and sinuses that signal safety
- Impacts jaw and palate development in children
- Affects quality and quantity of sleep (huge implications)
- Adds nitric oxide to the breath

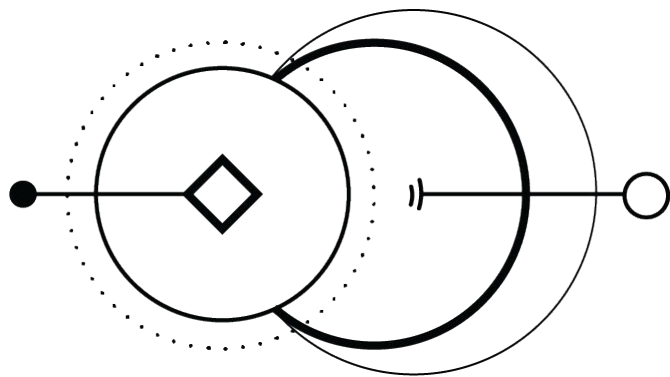
Guided Practices

- **Alternate Nostril Breathing, 4:4**
- Alternate Nostril x 10 rounds, (w/ocean breath)
- **Box Breathing**
- 4x4x4x4 Box Breathing, x 10 rounds (sitting)

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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