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RHYTHMIC BREATH CONTROL

BENEFITS OF RHYTHMIC BREATH CONTROL

- healthier respiratory, circulatory, digestive, excretory, endocrine and nervous systems
- Exercise for respiratory muscles
- More elastic lungs
- Larger oxygen absorption
- Stomach, pancreas, liver, bowels, kidneys - massaged by the diaphragm
- Less stress on the cardiac system - rests the heart
- Influences emotions and behavior by harmonizing the hormonal secretions
- More blood supply to the brain, spine, and the nerves
- More rhythmic neuronal firing - brain hemispheres balanced
- Longer alpha waves bring harmony to the brain as well as the coronary, respiratory and circulatory systems

BREATH MATH

Q: How many breaths per minute? _____

Q: Per hour? _____

Q: In 24 hrs? _____

NOSTRILS

Be with people when the right nostril is active
Study, read alone when the left nostril is active

Eat when the right nostril is active - good digestion
Sleep when the left nostril is active

Balancing the airflow
Press between 1 and 2 finger

DIAPHRAGM BREATH

- The most efficient breathing
- Less effort needed to get the same amount of air
- Infants use this breath exclusively
- For some it is the hardest one to do: it is in the belly that we keep our grief and our old memories. To open the abdomen would mean letting go of our grief and our old memories. A massive transformation.
- Massage for the internal organs as the base of the heart / lungs are attached to the upper diaphragm and liver, spleen, stomach, pancreas are directly underneath it.
- Diaphragm movement - increased blood circulation in these organs
- Release of endorphins - pain management
- You can practice it lying down or seated

SLOWING THE BREATH DOWN

How to slow the breath down?

Reduce the speed of inhale
Reduce the speed of exhale

Open your belly on inhale
Slow down diaphragm on exhale

STAIRCASE BREATH

Stabilizes the mind and body
Extends lung capacity

Draw the three stages here:

Stage 1

Stage 2

Stage 3

NOSTRILS

Right is a gas pedal - circulation speeds up
Body gets hotter, cortisol, BP heart rate - all go up
Activates the sympathetic nervous sys - fight or flight

Left nostril - brake, parasympathetic nervous sys.
Rest & relax, lower BP,

MOUTHBREATHING

Is linked to :
Sleep apnea, snoring, Hi BP, hypertension
Insomnia, Erectile Dysfunction
ADHD, Stress / Anxiety
Immune deficiency
Depression
Cavities

CAT PURR - extremely beneficial

For stress, cerebral tension, anger, anxiety, insomnia
Great after operations - for healing
Extreme mental tension - do up to 30 min
For cardiac disorders, epilepsy & asthma

ALTERNATE NOSTRILS 1:2

1:2 (1 unit inhale, 2 units exhale) - most beneficial for the heart
Heart beats slower during exhalation
Extending exhale - relaxation arises
Lessens pain