

## Reduced Breathing Practice\*

1. Take Comfortable Pause (CP) and heart rate measurement. (See instructions below)
2. Reduced breathing for 4 – 5 minutes
3. Do an extended pause/hold after exhale one time.
  - a. Extended Pause is CP + 5 seconds
4. Reduced breathing for 4 – 5 minutes
5. Extended pause/hold after exhale one time (CP + 10 seconds)
6. Reduced breathing for 4 – 5 minutes
7. Maximum pause/hold after exhale one time
  - a. Not so long that you have to gasp for air
8. Reduced breathing for 4 – 5 minutes
9. Wait for 2 – 5 minutes to settle the breath
10. Take CP and heart rate measurement

### How to take CP:

1. Find a timer or use a second hand on your watch.
2. Breathe comfortably for about 5 rounds. Settle breathing at a natural rate.
3. With time ready to go, take a normal breath and measure the length of hold AFTER exhale. Pinch your nose and seal lips to get an accurate measurement.
4. You should only hold for as long as you can comfortable hold and not to a point where you gasp for air.

### Reduced breathing options:

1. Hands to chest and belly. Quiet the breath to a settle pace and volume. Explore slight air hunger and surf on the edge of hunger.
2. Hands cupped to face, like breathing in a paper bag.
3. Reduce flow by holding one nostril closed while breathing settle.
4. 3 part inhale with pauses and exhale in one part with hold after exhale for 3 counts, 5 counts, 10 counts.
5. In meditation, hands on lap, settle breathing with hold after exhale.

\*You can reduce the length of this practice by doing fewer steps. Start with steps 1 -3, then build as you have time.