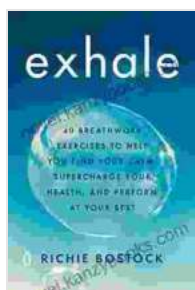


40 Breathwork Exercises To Help You Find Your Calm, Supercharge Your Health, And More

Are you looking for a natural way to reduce stress, improve your health, and find your inner peace? Breathwork is a powerful tool that can help you achieve all of these benefits and more.



Exhale: 40 Breathwork Exercises to Help You Find Your Calm, Supercharge Your Health, and Perform at Your

Best by Richie Bostock

★★★★☆ 4.7 out of 5

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Breathwork is a type of meditation that involves consciously controlling your breathing. By slowing down your breath, you can activate your parasympathetic nervous system, which is responsible for rest and relaxation. This can help you to reduce stress, anxiety, and depression.

Breathwork can also improve your physical health. By increasing the flow of oxygen to your cells, breathwork can help to boost your energy levels, improve your circulation, and strengthen your immune system.

In this article, we will explore 40 different breathwork exercises that you can use to improve your mental and physical health. These exercises are easy to learn and can be done anywhere, anytime.

10 Breathwork Exercises for Relaxation

These exercises are designed to help you relax and de-stress.

1. **Diaphragmatic breathing:** This is a simple but effective breathing exercise that can help to calm your mind and body. To do diaphragmatic breathing, lie down on your back with your knees bent and your feet flat on the floor. Place one hand on your chest and the other on your abdomen. Inhale slowly and deeply through your nose, allowing your abdomen to expand. Exhale slowly and completely through your mouth, contracting your abdominal muscles. Continue breathing in this way for 5-10 minutes.
2. **Box breathing:** This breathing exercise is often used by Navy SEALs and other special forces operators to stay calm under pressure. To do box breathing, inhale slowly and deeply through your nose for 4 seconds. Hold your breath for 4 seconds. Exhale slowly and completely through your mouth for 4 seconds. Hold your breath for 4 seconds. Repeat this cycle for 5-10 minutes.
3. **4-7-8 breathing:** This breathing exercise is said to promote relaxation and sleep. To do 4-7-8 breathing, inhale slowly and deeply through your nose for 4 seconds. Hold your breath for 7 seconds. Exhale slowly and completely through your mouth for 8 seconds. Repeat this cycle for 5-10 minutes.
4. **Alternate nostril breathing:** This breathing exercise is said to balance the left and right hemispheres of the brain. To do alternate

nostril breathing, place your right thumb over your right nostril and inhale slowly and deeply through your left nostril. Close your left nostril with your ring finger and exhale slowly and completely through your right nostril. Now, inhale slowly and deeply through your right nostril. Close your right nostril with your thumb and exhale slowly and completely through your left nostril. Continue alternating nostrils for 5-10 minutes.

5. **Equal breathing:** This breathing exercise is said to promote focus and concentration. To do equal breathing, inhale slowly and deeply through your nose for 4 seconds. Exhale slowly and completely through your mouth for 4 seconds. Continue breathing in this way for 5-10 minutes.
6. **Ujjayi breathing:** This breathing exercise is said to generate heat and detoxify the body. To do Ujjayi breathing, inhale slowly and deeply through your nose, constricting your throat slightly. Exhale slowly and completely through your mouth, continuing to constrict your throat. Continue breathing in this way for 5-10 minutes.
7. **Kapalabhati breathing:** This breathing exercise is said to energize the body and mind. To do Kapalabhati breathing, inhale slowly and deeply through your nose. Exhale forcefully through your mouth, using your abdominal muscles to expel the air. Continue breathing in this way for 5-10 minutes.
8. **Bhastrika breathing:** This breathing exercise is said to cleanse the lungs and sinuses. To do Bhastrika breathing, inhale and exhale rapidly through your nose for 10-20 seconds. Then, hold your breath for 5-10 seconds. Repeat this cycle for 5-10 minutes.
9. **Surya Bheda breathing:** This breathing exercise is said to warm the body and stimulate the mind. To do Surya Bheda breathing, inhale

slowly and deeply through your right nostril. Close your left nostril with your thumb and exhale slowly and completely through your right nostril. Now, inhale slowly and deeply through your left nostril. Close your right nostril with your ring finger and exhale slowly and completely through your left nostril. Continue alternating nostrils for 5-10 minutes.

10. **Chandra Bheda breathing:** This breathing exercise is said to cool the body and calm the mind. To do Chandra Bheda breathing, inhale slowly and deeply through your left nostril. Close your right nostril with your thumb and exhale slowly and completely through your left nostril. Now, inhale slowly and deeply through your right nostril. Close your left nostril with your ring finger and exhale slowly and completely through your right nostril. Continue alternating nostrils for 5-10 minutes.

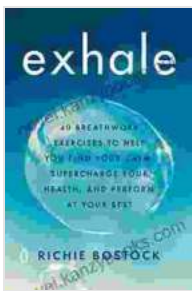
10 Breathwork Exercises for Energy

These exercises are designed to give you a quick boost of energy.

1. **Lion's breath:** This breathing exercise is said to energize the body and mind. To do Lion's breath, open your mouth wide and stick out your tongue. Inhale slowly and deeply through your nose. Exhale forcefully through your mouth, making a "ha" sound. Continue breathing in this way for 5-10 minutes.
2. **Bellows breath:** This breathing exercise is said to increase circulation and boost energy. To do Bellows breath, sit down with your knees bent and your feet flat on the floor. Place your hands on your knees. Inhale slowly and deeply through your nose, expanding your abdomen. Exhale forcefully through your mouth, contracting your abdominal muscles. Continue breathing in this way for 5-10 minutes.

3. **Skull shining breath:** This breathing exercise is said to improve circulation and mental clarity. To do Skull shining breath, sit down with your spine straight. Place your hands on your knees. Inhale slowly and deeply through your nose, lifting your head and looking up at the ceiling. Exhale slowly and completely through your mouth, lowering your head and looking down at your lap. Continue breathing in this way for 5-10 minutes.
4. **Nadi Shodhana breathing:** This breathing exercise is said to balance the left and right hemispheres of the brain. To do Nadi Shodhana breathing, sit down with your spine straight. Place your right hand on your right knee and your left hand on your left knee. Close your right nostril with your thumb and inhale slowly and deeply through your left nostril. Close your left nostril with your ring finger and exhale slowly and completely through your right nostril. Now, inhale slowly and deeply through your right nostril. Close your right nostril with your thumb and exhale slowly and completely through your left nostril. Continue alternating nostrils for 5-10 minutes.
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- Ujjayi breathing:** This breathing exercise is said to generate heat and detoxify the body. To do Ujjayi breathing, inhale slowly and deeply through your nose, constricting your throat slightly. Exhale slowly and completely through your mouth, continuing to constrict your throat. Continue breathing in this way for 5-10 minutes.
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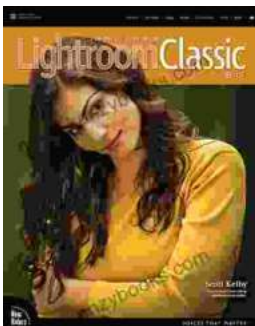


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A Comprehensive Guide to Mastering Adobe Photoshop Lightroom Classic In the realm of digital photography, Adobe Photoshop Lightroom Classic...



Bolting From Cystic Fibrosis: A Journey of Triumph Over Adversity

When I was born, I was diagnosed with cystic fibrosis, a life-threatening genetic disorder that affects the lungs and digestive system. I...