Breathing to Catch Your Breath

Lengthening the Exhale

Relaxation and Vagus Nerve Stimulation

Hands-Free Comfort and Nervous System Regulation

Individualized Timing and Coaching Styles

Music, Distraction, and Participant Preferences

Breathwork Effects and Body Responses

are okay so now Sam's having the are okay so now Sam's having the response what she's going to do is response what she's going to do is breathe in through the nose and breathe breathe in through the nose and breathe out through the mouth right and that's out through the mouth right and that's how you catch your breath you're going how you catch your breath you're going to breathe in through the nose and then to breathe in through the nose and then elongate the exhale the key is to get elongate the exhale the key is to get your exhale longer than your inhale [__] your exhale longer than your inhale [__] exactly you can [__] you can scream you exactly you can [__] you can scream you can cry you can do whatever the [__] you can cry you can do whatever the [__] you need to in here done talk is got right need to in here done talk is got right and so we're relaxing find our breath and so we're relaxing find our breath she's in a she's in a space the goal is to get up to the neck space the goal is to get up to the neck and stimulate the Vegas nerve and that's and stimulate the Vegas nerve and that's perfectly okay if you don't it's just perfectly okay if you don't it's just that's where you're going to get the that's where you're going to get the biggest release of dopamine norrine all biggest release of dopamine norrine all those Feelgood Pharmacy chemicals that those Feelgood Pharmacy chemicals that free why are you so C over free why are you so C over there try yeah great job y'all I think there try yeah great job y'all I think that's a hot tub over there another that's a hot tub over there another point of thing if you need to keep your point of thing if you need to keep your hands and feet out feel free do not let hands and feet out feel free do not let your feet or your hands be the reason your feet or your hands be the reason you have to get out just take them you have to get out just take them out I and I don't feel anything anymore out I and I don't feel anything anymore yeah you're good okay so there comes a yeah you're good okay so there comes a point when your nervous system will point when your nervous system will relax or down regulate okay some people relax or down regulate okay some people it takes the whole round some people it it takes the whole round some people it takes 13 seconds yeah fing you over it takes 13 seconds yeah fing you over it all all all depends there's no one size fits all on depends there's no one size fits all on this this this okay it doesn't exist your body is yours okay it doesn't exist your body is yours there's no uniform [__] you're going there's no uniform [__] you're going to figure it out through to figure it out through it I can give you time updates or I it I can give you time updates or I cannot they haven't asked so I'm not cannot they haven't asked so I'm not going to give it to them I usually don't going to give it to them I usually don't want to know because then I'll be like want to know because then I'll be like time some people dance some people sing time some people dance some people sing if you'd like a song to play while if you'd like a song to play while you're doing it let me know yeah a you're doing it let me know yeah a little little ice Anthem Cold Play little little ice Anthem Cold Play pun uhhuh some people have to be more pun uhhuh some people have to be more interactive in coaching some people I'll interactive in coaching some people I'll back off if I'm talking too much while back off if I'm talking too much while you're in there tell me to shut up or you're in there tell me to shut up or just don't answer I like coaching I know just don't answer I like coaching I know okay the entire time yeah some people okay the entire time yeah some people like to be distracted and have like to be distracted and have conversations some people like to do conversations some people like to do this we have uh one regular who gets in this we have uh one regular who gets in and she does this and she doesn't talk and she does this and she doesn't talk for five minutes and if you talk to her for five minutes and if you talk to her she just won't respond to you she's like she just won't respond to you she's like I'm busy and so I'm going to encourage you busy and so I'm going to encourage you to think in a little more for the last to think in a little more for the last 20 seconds and hit that next great job 20 seconds and hit that next great job and

so whenever I encourage you guys to and so whenever I encourage you guys to dip below like this you might have to dip below like this you might have to catch your breath again okay cuz that catch your breath again okay cuz that stimulates that nerve and your body does stimulates that nerve and your body does the little a little Jitter you doing the little a little Jitter you doing