

RAPID INHALATION: WIM HOF STYLE

Helps to induce focus, boost mental clarity, and elevate mood.

Sit up, nice and tall
take 8 deep full chest breaths
sharp chest inhales with belly exhales using your diaphragm

BOX BREATHING

Helps improve the total tidal volume of your lungs, induces calm and relaxed breathing, as well as improves focus. Great for high-stress situations to calm down quickly while remaining alert.

4 secs inhale - 4 secs hold - 4 secs exhale - 4 secs hold
(start over)

LONGER INHALATION

Stimulates a slight sympathetic response to incrementally raise your heart rate, wake you up, flood the system with oxygen, and bring more focus.

8 longer breaths - 3-sec hold at the top
release with fast, complete exhales (like you're sighing)

PAUSED INHALE

Gets the diaphragm working and increases the amount of oxygen entering the body. Keeps the airways open for longer than normal and helps strengthen lung capacity and the diaphragm.

Breathe in through the nose - 1 sec breath hold at the top let out swiftly in a 'sigh' or quick exhale before starting over