

RESOURCES FROM BREATHWORK WORKSHOP WITH @BREATH_DR_JAMES_BRUNNING



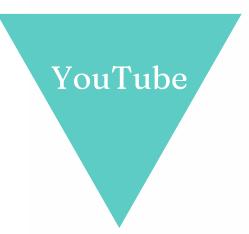
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Breathing app – tonal breathing for time

Oxygen advantage – science, training to increase breath hold time

Soma breath – free breath journeys



Breathe with Sandy Huberman lab

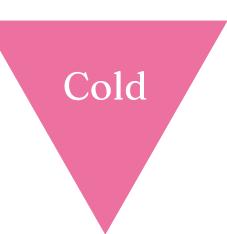


4:6 for a minute every hour or before entering the house/work/event Coherent breathing – use breathing app at 5:5 or 6:6 for a few minutes Hum

Physiological sigh – double inhale sigh exhale



4:8 breaths
Triple inhale then exhale through teeth
Box breathing



Coherent breathing then full inhale and long exhale as enter the cold



4:8:8 breathing with progressive muscle relaxation



To train your breath...

- Use the Oxygen Advantage app
- Build up your CO2 tolerance
- Daily intermittent hypoxias

Soma further options

