



RESOURCES FROM BREATHWORK WORKSHOP WITH @BREATH_DR_JAMES_BRUNNING



@BREATH_DR_JAMES_BRUNNING

Apps

Breathing app – tonal breathing for time
Oxygen advantage – science, training to increase breath hold time
Soma breath – free breath journeys

YouTube

Breathe with Sandy
Huberman lab

Stress

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

Anxiety

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

Cold

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

Sleep

4:8:8 breathing with progressive
muscle relaxation

Breath

To train your breath...

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

Soma further options

