

TECHNIQUES

Take notes of your experience, insights and questions.



1

Gentle inhale followed by a passive exhale

FRC breath hold / neutral lung pause

You should feel like you could breathe more air in or breathe more air out while in neutral lung pause.

2

360° inhale

Extended nasal exhale

Take the fullest possible inhale then nasal exhale as slowly as you can without pausing/stopping/breaking.

DEFINITIONS

Understand each technique on this Day.



1 A **gentle inhale** is where you breathe in with your nose slowly and only about 30% full, the type of inhale you would use sitting still, not exerting much energy. Also known as **Resting Tidal Volume**.

2 A **passive exhale** is where you release the breath out after an inhale. There's no activation of belly or other respiratory muscles, you simply relax the muscles (primarily thoracic diaphragm) you used to inhale.

3 A **FRC breath hold** aka a **neutral lung pause** is where you hold your breath at the point where the pressure inside your lungs is equal to the pressure outside your body. AKA **Functional Residual Capacity**.

4 A **360° inhale** is where you use the nose to breathe in as much air as you can, spiraling the inhalation up from the base of your pelvis in a counterclockwise direction.

5 An **extended nasal exhale** is where you breathe out from your nose as long as you possibly can.

***** These techniques are CO2 tolerance tests, which you can learn much more about in BTT!



Learn more in **Breath Technique Training (BTT)!**

HOMWORK

Repeat the guided audio practice and track your progress after each technique by noting any roadblocks or revelations.

