

The Beginner's Guide to Breathwork Meditation



By Scott Walker

Physio Strength Club : sound mind in a strong body



Belly Breathing

- Find a comfortable seat.
- Place one hand on your chest, and one hand on your low belly.
- Start by taking some regular breaths. Most likely, if you're stressed, you'll notice your chest rising first as you inhale.
- Now, see if you can reverse it! This time, take deeper breaths so that your belly is what rises first with every inhale.
- Practice breathing like this for one minute.
- Bringing the breath to the low belly helps you access your parasympathetic nervous system (the opposite of fight or flight) for an overall feeling of calm.





Box Breathing

- Take your hand out in front of you and inhale as you draw a square or box in the air.
- Exhale as you draw it again.
- Your breath will be longer the larger and more slowly you draw your box!
- This technique is great for folks that like a visual representation to go along with their breath work.



□ 4-7-8 Breathing

4-7-8 Breathing

- Breathe in deeply for four counts.
- Hold your breath for seven counts.
- Exhale slowly for 8 counts.
- Repeat for 3-5 rounds!
- This is a great technique to try after you've fostered a little more breath control. This technique is not recommended for people that are pregnant.





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Physio Strength Club

Build a sound mind in a strong body

Get rid of your abby tummy and foggy mind then achieve optimal your performance and well-being WITHOUT wasting your precious time and limited energy (And it really is not that hard)

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