

Breath guidelines

By Ruth Meili, June 2024

Basic principles

- Nose Shut mouth whenever possible
- Low Place of action: belly
- Out Start everything with an exhale

Training suggestion

There is a difference between the natural breath span and the comfort zone range: One gap at the end of exhale, one gap at the end of inhale. Use the exhale gap for training:

For a few minutes each day, extend exhaling to the limit of comfort zone, while keeping the inhale within natural range¹.

natural breath span:

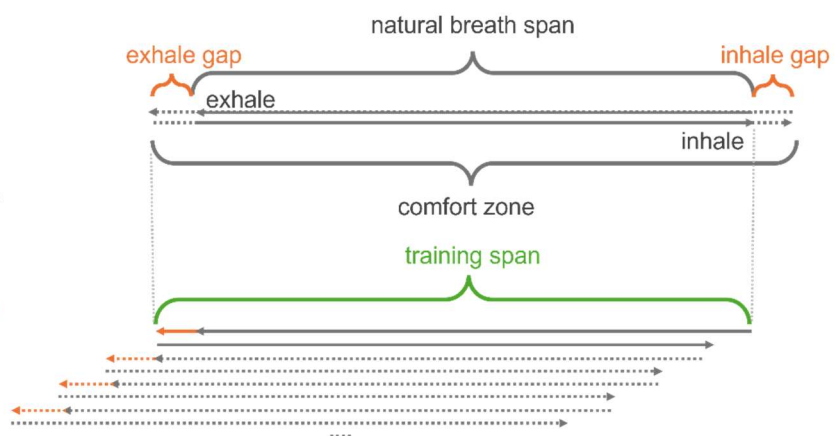
habitual range of breathing

comfort zone:

can be maintained for a few minutes whilst still feeling completely fine (no signs of gasping or anxiety)

training span:

natural breath span plus exhale gap



Purpose: Exhaling becomes more effective in natural breathing pattern, thus enhancing restorative capacity.

Why is this so: See *Breath* by James Nestor or books on the *Buteyko Method*.

Reflect natural breath span and comfort zone from time to time and potentially adjust training pattern.

¹ Example: natural breath: «inhale 3 seconds, exhale 4 seconds», comfort zone range: «inhale 4 seconds, exhale 5 seconds» ▶ training span: «inhale 3 seconds, exhale 5 seconds»