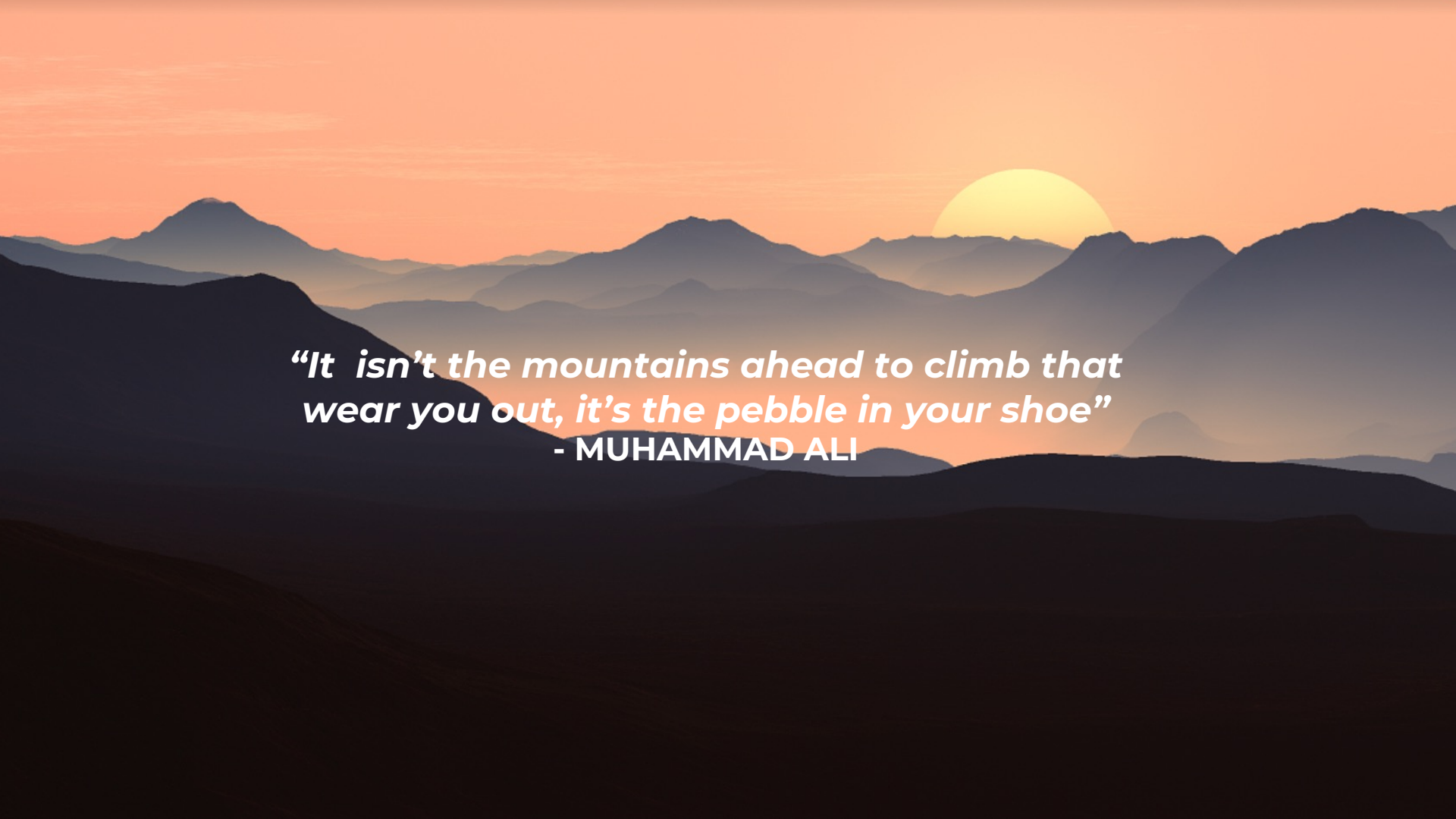




A Comprehensive Approach
To Breathing and Mindfulness

Therabody
University

A sunset over a mountain range. The sun is a bright yellow circle on the right side of the horizon, partially obscured by a mountain peak. The sky is a gradient of orange and yellow. The mountains are silhouetted in various shades of blue and black, creating a sense of depth. The quote is centered in white text.

“It isn’t the mountains ahead to climb that wear you out, it’s the pebble in your shoe”
- MUHAMMAD ALI



23,000

Breaths per day

8,000,000

Breaths per year

What We'll Discuss



Learning Objectives

- Discuss the need for mindfulness/breathwork
- Examine the principles mindfulness practice
- Experience and Explore practice and programming
- Design and execute programming



A woman in a light blue sports bra and leggings is sitting on a gym floor, smiling as she uses a black massage gun with a blue circular head on her right leg. In the background, there are rows of treadmills and another person using a foam roller on their leg. The scene is set in a well-lit gym.

Let's Get Started

Morning Reset

- **Belly Breathing**

1. Place one hand on your upper chest and the other hand on your belly, below the ribcage.
2. Allow your belly to relax, without forcing it inward by squeezing or clenching your muscles.
3. Breathe in slowly through your nose. The air should move into your nose and downward so that you feel your stomach rise with your other hand and fall inward (toward your spine).
4. Exhale slowly through slightly pursed lips. Take note of the hand on your chest, which should remain relatively still.

- **Mobility Training**

1. Downward Dog to Hand walks into
2. Worlds Greatest into
3. Lateral Squat into
4. Bretzel Stretch into

- **Mindset**

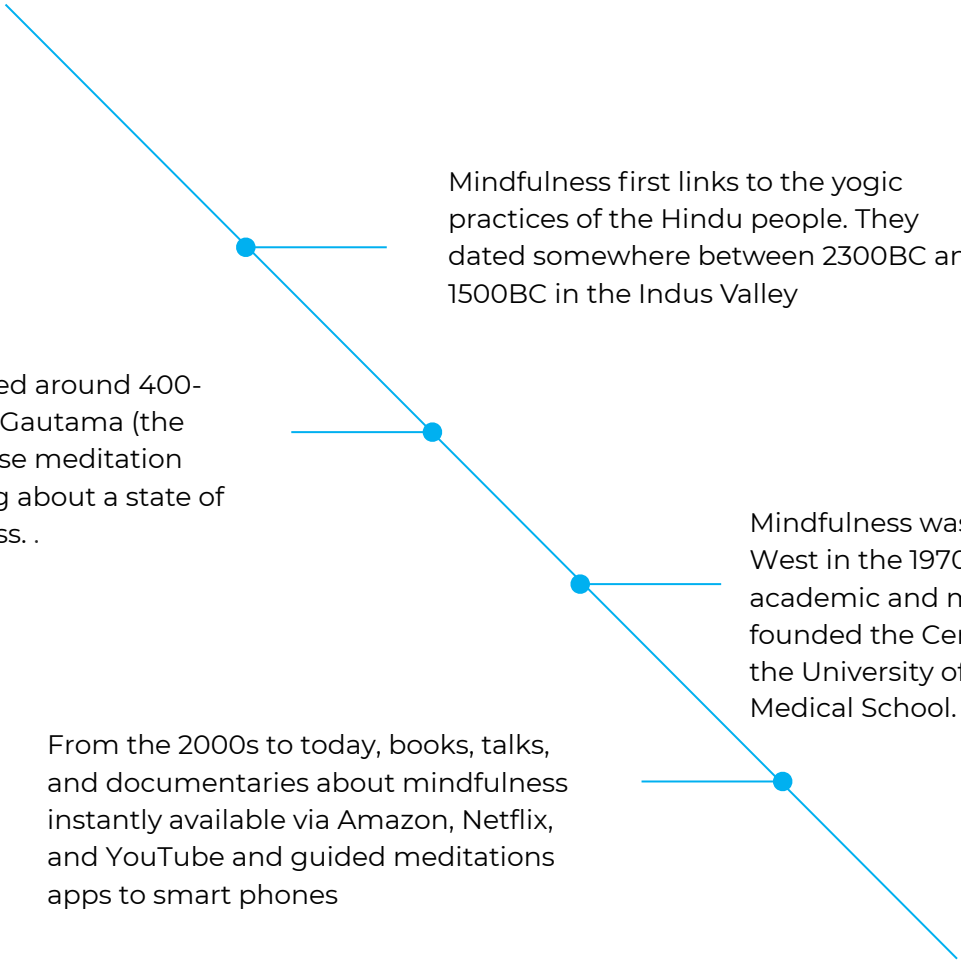


“The awareness that arises through paying attention, on purpose, in the present moment, nonjudgmentally”
- Jon Kabat Zinn



Mindfulness

History



Buddhism was founded around 400-500BC by Siddhārtha Gautama (the Buddha). Buddhists use meditation among others to bring about a state of ultimate consciousness. .

Mindfulness first links to the yogic practices of the Hindu people. They dated somewhere between 2300BC and 1500BC in the Indus Valley

Mindfulness was introduced to the West in the 1970s by Kabat-Zinn in academic and medical contexts. He founded the Center for Mindfulness at the University of Massachusetts Medical School.

From the 2000s to today, books, talks, and documentaries about mindfulness instantly available via Amazon, Netflix, and YouTube and guided meditations apps to smart phones

What is it?



Mindfulness Is

- Is paying attention, on purpose



Exercise: Hearing

- Become aware of your surroundings. Listen attentively to all the sounds around you. Just let everything in.
- Select one particular sound that stands out for you. Just listen to this sound and do it with your full attention.
- If you are in a place with almost no sounds, prick up your ears, and become very attentive. Maybe there is a sound in the distance you can pick up. And if there is really no sound, listen to your breathing.
- Do this exercise for 1 minute.

Mindfulness Is

- Is being in the present moment

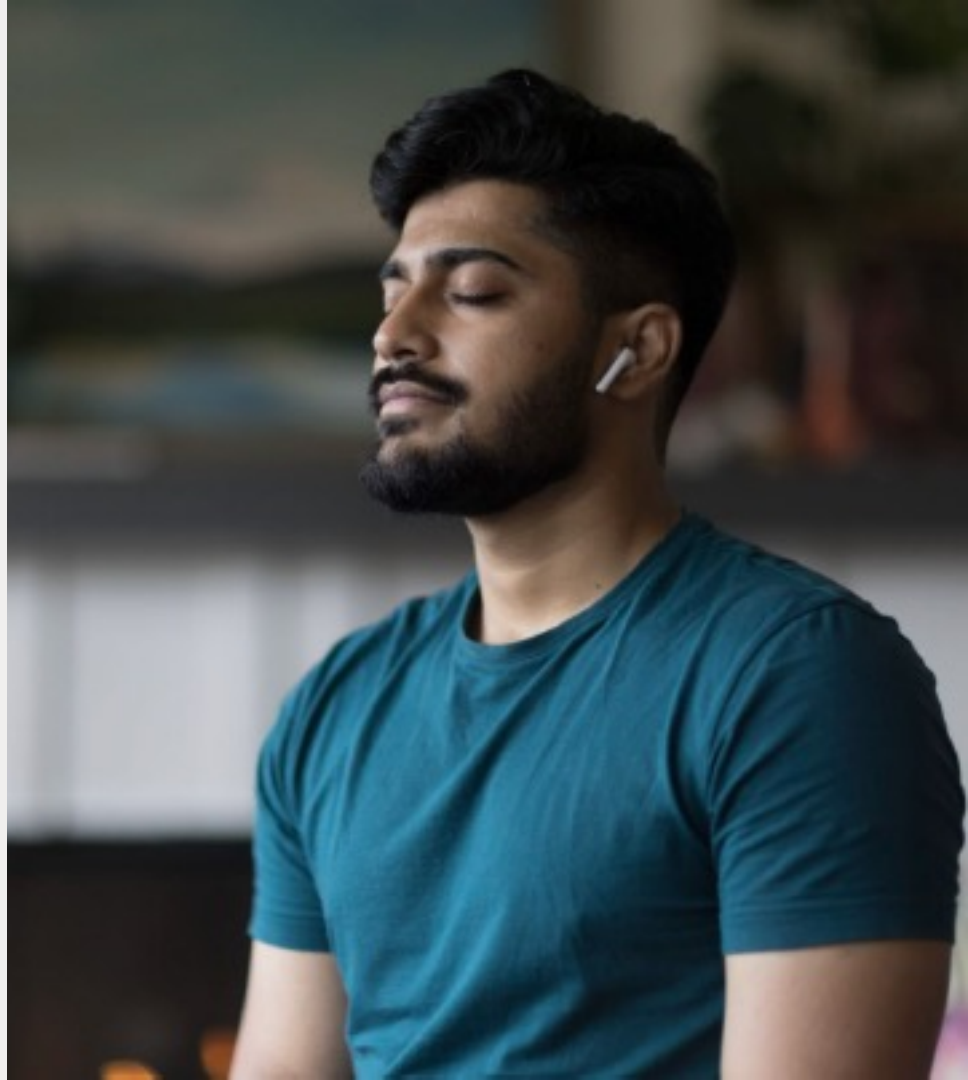


Exercise: Being Present

- From the previous exercises, you might already have some preference for which sense you want to be mindful of.
- Since this exercise is now longer, your mind will start to drift. It will either escape to the future or return to the past.
- Be on the lookout for when the mind does this and when you notice it, gently bring your attention back (on purpose) towards your chosen object.
- If you want to take the exercise one step further, you can notice where your mind was when it drifted away. Was it in the past or the future? By doing so, we can learn a great deal about the habitual operation of our minds.

Mindfulness Is

- Is non-judgemental



Exercise: No Judgement

- Take 5 minutes to focus exclusively on one of your senses. And when the mind disengages bring it gently back to the sense you agreed upon.
- But this time around, be on the lookout for subtle judgments about the experience. These might be positive or negative.
- As an example, you might get annoyed because you still cannot get your mind to focus for 5 short minutes. You might think that you are really bad at mindfulness.

Mindfulness Practices

01.

Tai Chi

02.

Yoga

03.

Mediation

04.

Breathing

05.

Regeneration

06.

Exercise

Benefits

- Helps alleviate stress by improving emotion regulation.
- Enhanced ability to deal with illness
- Helps improve the facilitation of recovery
- Improve general health



What is Breath?

- **90%:** The breath is 90% responsible for our body's energy.
- **70%:** Exhaling accounts for 70% of waste the body expels
- Is the only visceral function we can consciously control



Breathing is both involuntary and voluntary. At any moment we can consciously change how we breath, which can produce positive changes in body and mind



What affects your ability to Breathe?

- **Posture:** A slumped posture has been shown to cause a decrease in lung capacity and expiratory flow.
- **Stress:** Physical and Psychological stress can lead to the “flight or fight” response, which increase heart rate and blood pressure.
- **Nutrition:** The right nutrients in your diet can help you breathe easier. The Mediterranean diet can help reduce the risk of non-controlled asthma by 78%



What can Breathing Influence



Cardiovascular

- A breathing rate of **6-8 breaths/min** improves cardiovascular functions and enhances exercise tolerance.



Stress

- A **6-4-10 tempo** helps calm the nervous system. It promotes better sleep and ease the body into a state of calmness and relaxation.



Blood Pressure

- Studies have shown **a drop of 15 points** in systolic blood pressure in individuals who practice 6-8 breaths/min for 23 min/week for eight weeks.



Proper Breathing Benefits

- Improved sleep
- Reduce stress levels
- Exercise at a higher intensity
- Improve posture
- Regulate your nervous system
- Lower blood pressure
- Support proper digestion
- Supports relaxation, lowering the harmful effects of the stress hormone cortisol in the body.



● Breakout



8 Breathing Tempos

Wake up tired - 6 + 4 + X

Wake up anxious - 6 + 4 + 10

Periodically during the day - 4 + 2 + 6

Moments of anxiety - 6 + 4 + 10

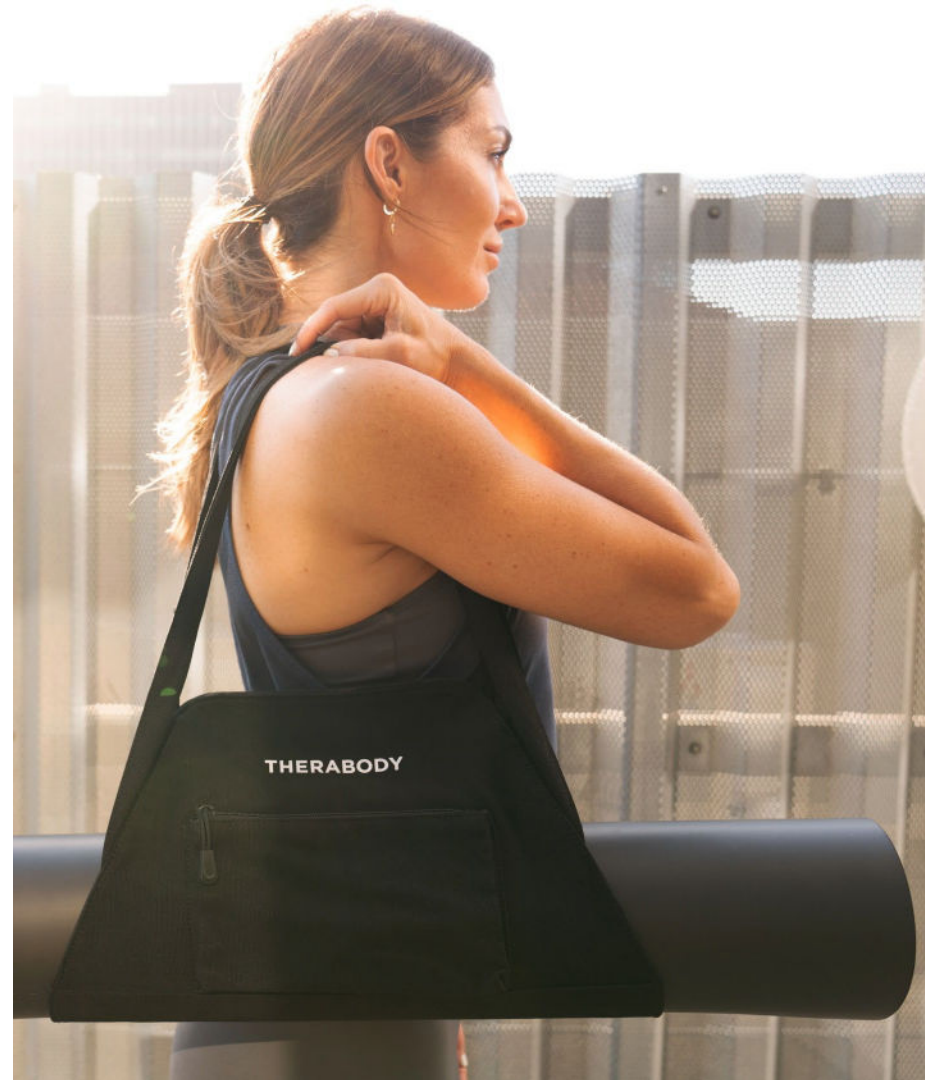
Moment of tiredness - 4 + 0 + X

Meditating - 8 + 4 + 12

Before Meals - 4 + 2 + 6

Bedtime - 6 + 4 + 12

Inhale, Hold, Exhale (Seconds) X = Explosive



Diaphragmatic Breathing: Tips

Inhale

- Receive air into the torso
- Feel ribcage expand laterally
- Feel lower belly distend
- Fill from bottom to top
- Expand in all directions

Exhale

- Allow the air to naturally release
- Return the ribcage, belly, and lungs to a natural state

High Stress/Anxiety

6-4-10 Method

- Start by laying face up on the mat. Place one hand on your stomach and one hand on your chest.
- Drop your shoulders and focus on the intent of the session, which is relaxation.
- With your eyes closed breathe in slowly for 6 seconds focusing on expanding their stomach towards their hand while keeping your chest as still as possible.
- Hold the breath for 4 seconds, then slowly exhale for 10 seconds.
- Repeat this breathing technique for 2 minutes

Theragun/Stretch Session



Frequency:
Force:
Attachement:
Grip:

2200 PPM
1-3
Dampener
Reverse

Position 1 - Shin Box

Begin seated with your Right leg gently bent in front of you and your left leg gently bent behind you. Hold Theragun in your Left hand.

Movement- dorsiflexion & plantar flexion at the ankle during treatment

- 2 breaths each body part
- Repeat on other side



Position 2 – Supine

Lie on back with your left leg straight, cradling your right leg with your right hand shins.

Hamstrings - flex & extend at the knee during treatment

- 2 breaths each body part
- Repeat on other side

Position 3 – Supine, Leg Crossed

Lie on back with your left leg straight, cradling your right leg with your right hand shins.

- 2 breaths each body part
- Repeat on other side



Position 4 - 90/90 Upper Body

Pecs & Biceps - t-spine rotation w/arm reach during treatment

- 2 breaths each body part
- Repeat on other side

Position 5 - Seated

Upper Traps - lateral flexion of the head during treatment

- 2 breaths each body part
- Repeat on other side



Wake Up

4-0-X Method

- You can do this seated in your chair, standing, or laying on your back. Breathing through your nose: 4 seconds inhale, 0 hold, explosive exhale. Repeat 4 times

Theragun Activation Session



Activation

Frequency: 2400 PPM
Force: 3-5
Attachement: Dampener
Grip: Reverse

Plank with Arm lift

Theragun opposite
side lat - alternate sides

8 reps each side

Base Position - Hip Rotations

Theragun same side
glute during movement

8 reps each side

Backward Lunge with Rotation

Theragun rotated side
pec/bicep during movement

4 reps each side
2 second hold each rep

World's Greatest Stretch

Theragun front side calf and
hamstring during movement

4 reps each side
2 second hold each rep



Throughout the Day

4-2-6 Method

- You can do this seated in your chair, standing, or laying on your back. Breathing through your nose: 4 seconds inhale, 2 second hold, and a 6 second exhale. Repeat 4 times

Theragun Reset Session

- Soles of the Feet
- Glutes
- Upper Traps



Before Bed

6-4-12 Method

- You can do this laying on your bed. Breathing through your nose: 6 seconds inhale, 4 second hold, and a 12 second exhale. Repeat 4 times

Theragun Session: 2100 | Light Force

- Soles of the Feet
- Shins
- Quads
- Low Back
- Traps
- Forearms

Recovery Air Session

- 20 minutes at 40 mm/Hg



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