



IT'S TIME TO RELAX AND BREATHE

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What Role Our Breath Plays In Our Everyday Life?

What Is Functional Breathing?

Benefits Of Functional Breathing

How To Breathe 24/7?

Technique To Measure Breath Functionality

Technique to use when stressed

BODY OXYGEN LEVEL TEST (BOLT)

Provides feedback on breathing patterns, as well as onset and endurance of breathlessness.



Normal
breath in



Normal
breath out



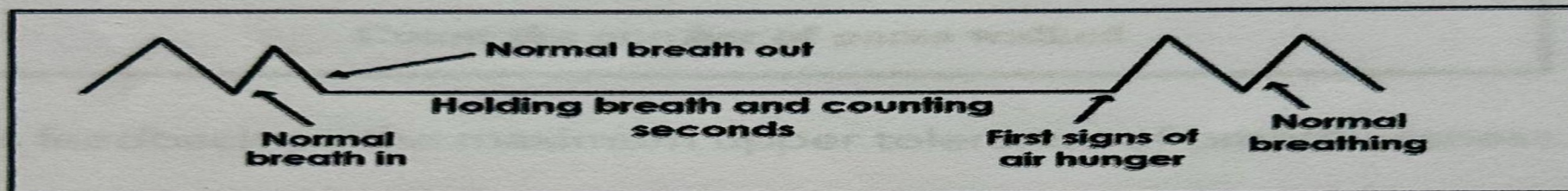
Holding breath and
counting
seconds



First stress of
the body to
breathe



Normal breathing



- Take a normal, silent breath in through your nose
- Allow a normal, silent breath out through your nose
- Hold your nose with your fingers to prevent air from entering your lungs
- Count the number of seconds until you feel the first distinct desire to breathe in

EX 1

WARM UP WITH MANY SMALL BREATH HOLDS

(PERFORMED SITTING DOWN FOR 2.5 MINUTES)



Small breath
in



Small breath
out



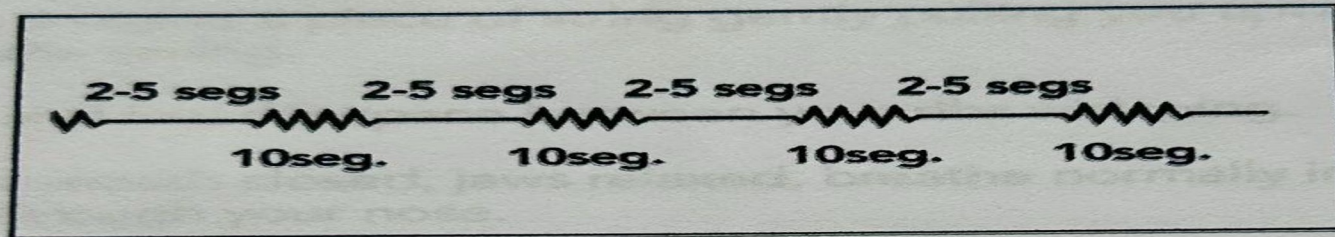
Hold breath
for 2-5
seconds



Breathe
normally for
10-15 seconds



Continue until calm



- △ Take a normal breath in and out through the nose.
- △ Pinch your nose with your fingers to hold the breath for 5 seconds.
- △ Let go of your nose and breathe in and out through your nose for 10 seconds.
- △ Just breathe as normal for ten seconds.
- △ And again, normal breath in, normal breath out and pinch your nose.
- △ When you let go, breathe in through nose.
- △ Breathe as normal for 10 seconds. Don't make any changes to your breathing. Just breathe as normal.
- △ You should not feel stressed while doing the exercise. If the air hunger is too much, then hold the breath for 3 seconds only.

GREEN AWAKENING

SMOOTHIE

1/2 BANANA
1/3 LIME WITH SKIN
1/3 LEMON JUICE
1 TBSP OLIVE OIL
LITTLE BIT OF CILANTRO
1/2 ORANGE
1/2 GREEN APPLE
HANDFUL OF SPINACH
2 INCH CUCUMBER
LITTLE BIT OF GINGER
2 DATES
1 CUP RICE MILK
1 CUP WATER

YIELDS 3 CUPS



Say YES To Life

LENKA DOSTALOVA

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