

BREATHE GENTLY

A BEGINNER'S GUIDE TO BREATHWORK

You do not need the biggest breath.
You need the one that feels safe, steady, and supportive for your body.



START HERE



Breathe Through Your Nose

Nasal breathing helps slow things down and can feel more grounding. It also filters the air and adjusts its temperature before it enters your body.



Breathe Through Your Nose

Let your belly rise as you inhale. Let it gently fall as you exhale. Try not to lift your shoulders or force your chest.



Start Slower Than You Think

What matters is the speed, not the size of the breath. Begin gently so you don't have to push to get there.

SEATED OR LYING DOWN?



Seated

Best when you want to stay awake, present, and supported.

Still tall, soften your shoulders, and relax your jaw.



Lying Down

Best when you want deeper relaxation or your body feels tired.

Place one hand on your belly and one on your chest. Bend your knees or add a pillow under them if that feels better.

Both are good. Choose the position that helps your body feel most at ease.



CAN YOU PRACTICE WHILE WALKING OUTSIDE?

Yes! Gentle breath awareness while walking can feel beautiful and calming.



- Inhale through your nose for a few steps
- Exhale through your nose for a few steps
- Keep the rhythm easy and natural

Walking is not the time to force deep breaths or long holds. Let the breath support the walk, not control it.

THE KEY: BUILD THE EXHALE SLOWLY

If your exhale will one day be 8, don't force your way there.

Start With What Feels Soft:

Inhale 3
Exhale 4



Inhale 3
Exhale 5



Inhale 4
Exhale 6



Inhale 4
Exhale 8

A longer exhale only helps when the body stays relaxed. Slow beginnings create safer, steadier breaths.

A SIMPLE PRACTICE

SOFT BELLY BREATH

Inhale through your nose for 4 - Exhale through your nose for 5 or 6

Repeat for 2-5 minutes

If that feels too long, begin with: Inhale for 3, Exhale for 4
That still counts. That still works.



REMEMBER



Be Gentle.



Be Steady.



Do Not Force It.

If you don't get it right immediately, that's okay. It can take a few rounds to settle in.