

7 Day Breathing Practice

A week to reconnect with your breath, your body, and your calm.

Each day, you'll explore a simple breathing practice designed to **help your body find balance and ease.**

Move gently, **listen to your body**, and **take time** to notice how each breath **changes how you feel.**



The 5.5 Breath

Day 1 (Coherent Breathing)

How:

Inhale through your nose for 5.5 seconds.
Exhale through your nose for 5.5 seconds.
Repeat for 3–5 minutes.

Why:

This rhythmic breathing balances oxygen and carbon dioxide, lowering stress and regulating your nervous system.

Reflect:

How does it feel to slow your breath and move at this steady rhythm?





Box Breathing

Day 2

How:

Inhale for 4 seconds - Hold for 4 seconds -
Exhale for 4 seconds - Hold for 4 seconds.
Repeat 5 times.

Why:

Used by Navy SEALs and therapists alike,
box breathing calms the mind and
restores focus under pressure.

Reflect:

*Did you notice your thoughts slowing as your breath
found its rhythm?*





Day 3

Alternate Nostril Breathing

(Nadi Shodhana)

How:

- Close your right nostril with your thumb and inhale through the left.
- Close the left nostril and exhale through the right.
- Inhale through the right, close it, exhale through the left.
- Repeat 5–10 cycles.

Why:

Balances both sides of the brain and the nervous system — creating harmony between energy and calm.

Reflect:

Did one side of the breath feel easier or more natural than the other?





Day 4

Extended Exhale Breathing

How: Inhale for 4 seconds, exhale slowly for 6–8 seconds.

Why: A longer exhale activates the vagus nerve and parasympathetic system — your body's “rest and restore” mode.

Reflect:

What shifts in your body when you focus on lengthening your exhale?





Resonant Breathing

Day 5

How: Inhale for 6 seconds, exhale for 6 seconds. Continue for 5 minutes.

Why: Resonant breathing creates a wave of coherence through your cardiovascular and nervous systems — often felt as deep calm or clarity

Reflect:

Did you feel your heartbeat or body rhythm begin to synchronise with your breath?





4-7-8 Breathing

Day 6

How:

Inhale through your nose for 4 seconds.
Hold for 7 seconds.
Exhale gently through your mouth for 8 seconds.

Why:

This method lowers heart rate and quiets the mind, making it especially helpful for stress or sleep.

Reflect:

How did your body respond when you reached the long, slow exhale?





Mindful Breathing

Day 7

How: Sit quietly. Let your breath find its own pace. Notice its texture, depth, temperature, and flow — without changing it.

Why: Observing the breath with awareness connects body and mind, teaching calm presence without control.

Reflect:

What did you notice when you allowed your breath to simply be, without trying to change it?





End of week reflection

Take a few minutes to pause and write about your experience.

- *Which breathing technique felt most natural for you?*
- *When did you notice the biggest shift in your mind or body?*
- *How might you carry these moments of calm into daily life?*

