



Breatheology

Increase your wellbeing!

Breathe better!



Breatheology

Stig Severinson
world champion!

Stig Severinson world champion!

- Every day you breathe about 30.000 times. However, I can safely say that, like most people, you don't breathe anywhere close to what you optimally could. Few people realize that just a few minutes of training a day could have a huge impact on their lives.
- Imagine feeling more free and relaxed and rapidly improve the quality of your life...
- Imagine when you... Experience higher levels of energy & creativity
- Optimize your work and sports performance
- Dramatically reduce stress levels

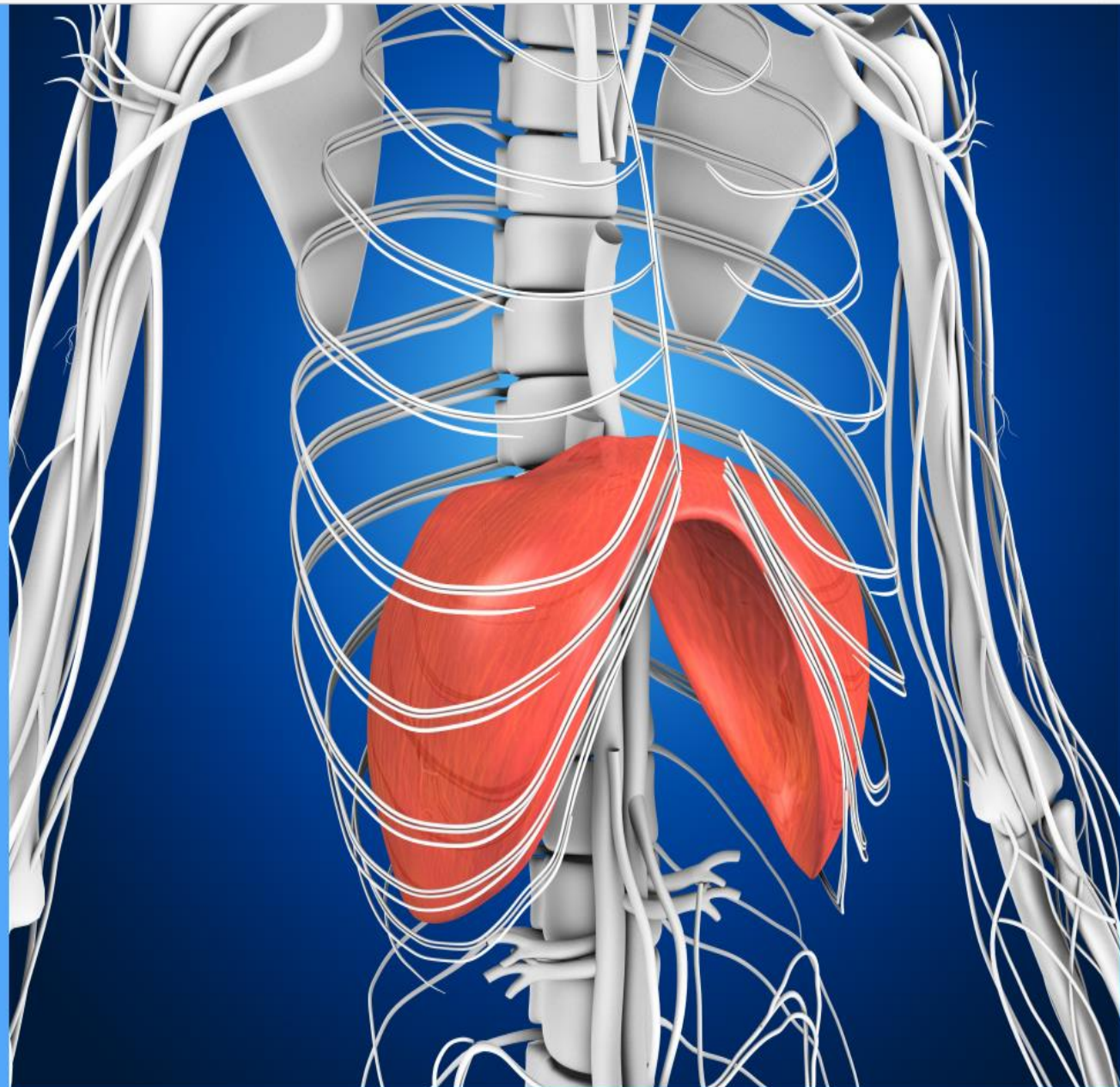
Stig Severinson world champion!

- Recover effectively from accidents or illness
- Reduce chronic or transient pains
- Increase your health & feeling of happiness
- Sleep less but fall asleep faster and sleep more deeply
- Relieve allergies, asthma, and breathing difficulties
- Expand your lung volume (not even your Doctor knows about this)!!
- <https://www.breatheology.com/breatheologyacademy-join>

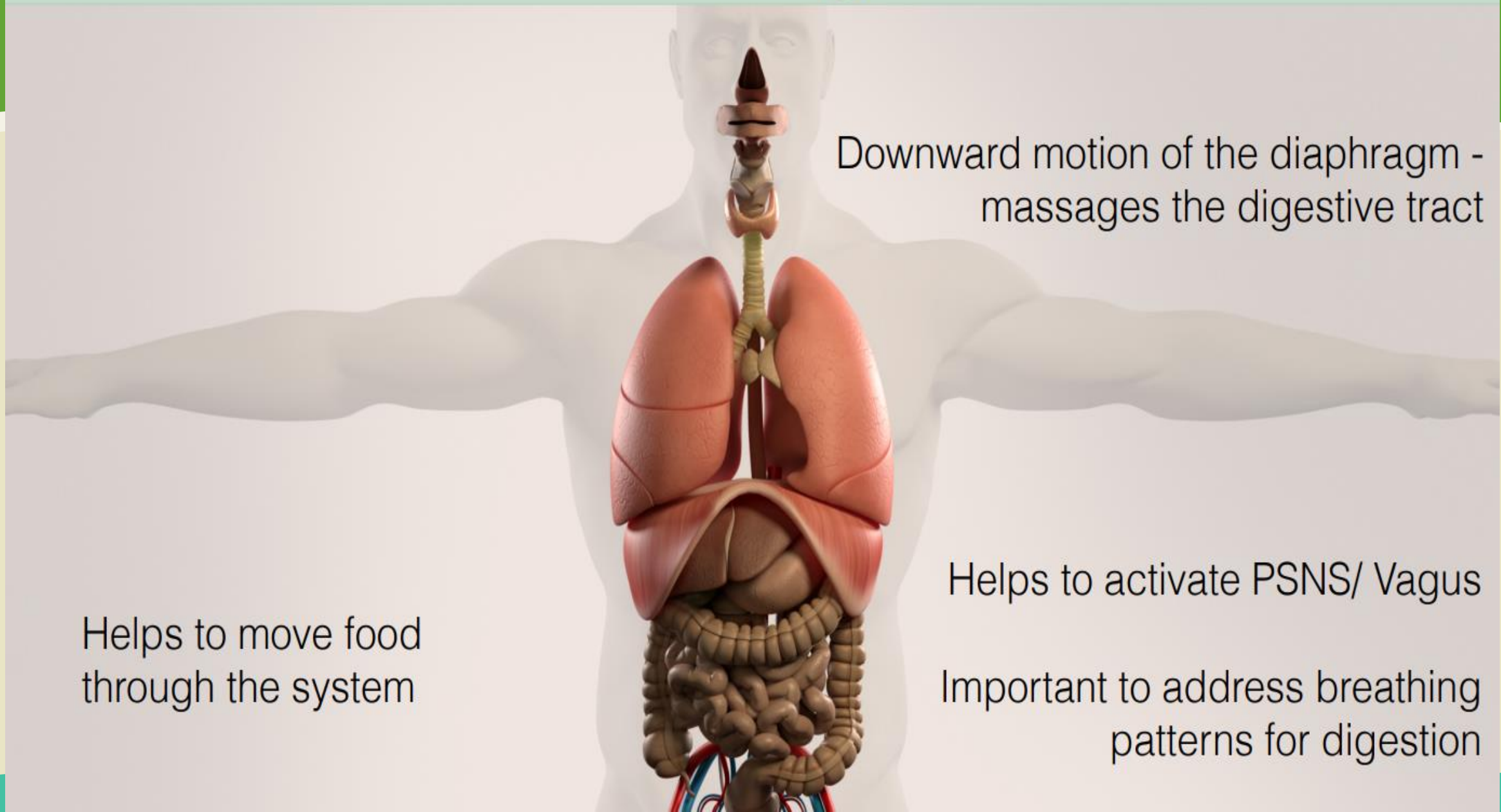
Diaphragm



Primary muscle of breath
Separates chest cavity
(lungs) from abdominal
cavity



Breath & Digestion



Downward motion of the diaphragm -
massages the digestive tract

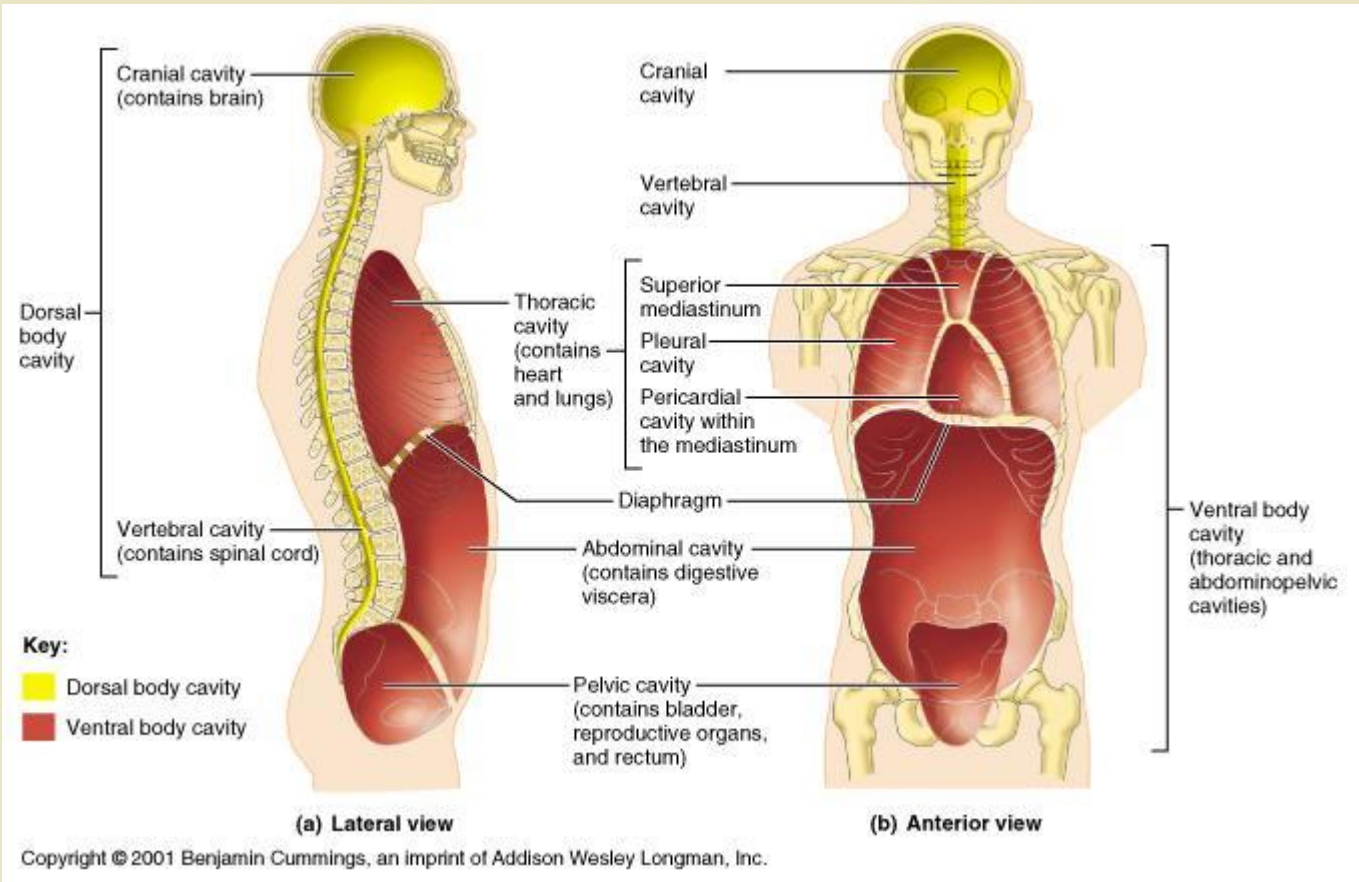
Helps to move food
through the system

Helps to activate PSNS/ Vagus

Important to address breathing
patterns for digestion

Breathmanagement

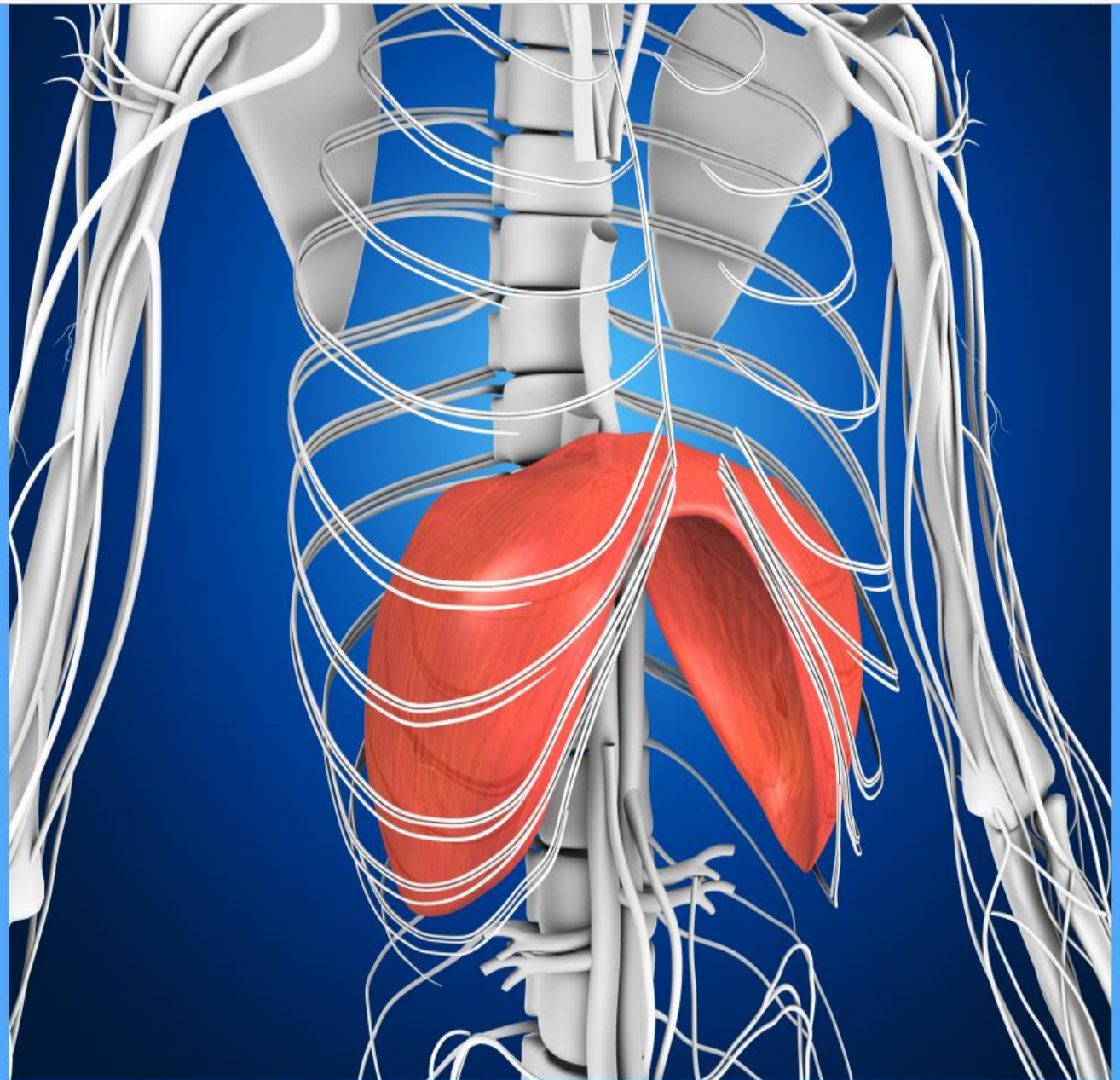
- Breath with your hairline - the lower one!
- Breath with your pelvic area - your BUSH!!! /drop the air in the chair



Diaphragm



Primary muscle of breath
Separates chest cavity
(lungs) from abdominal
cavity

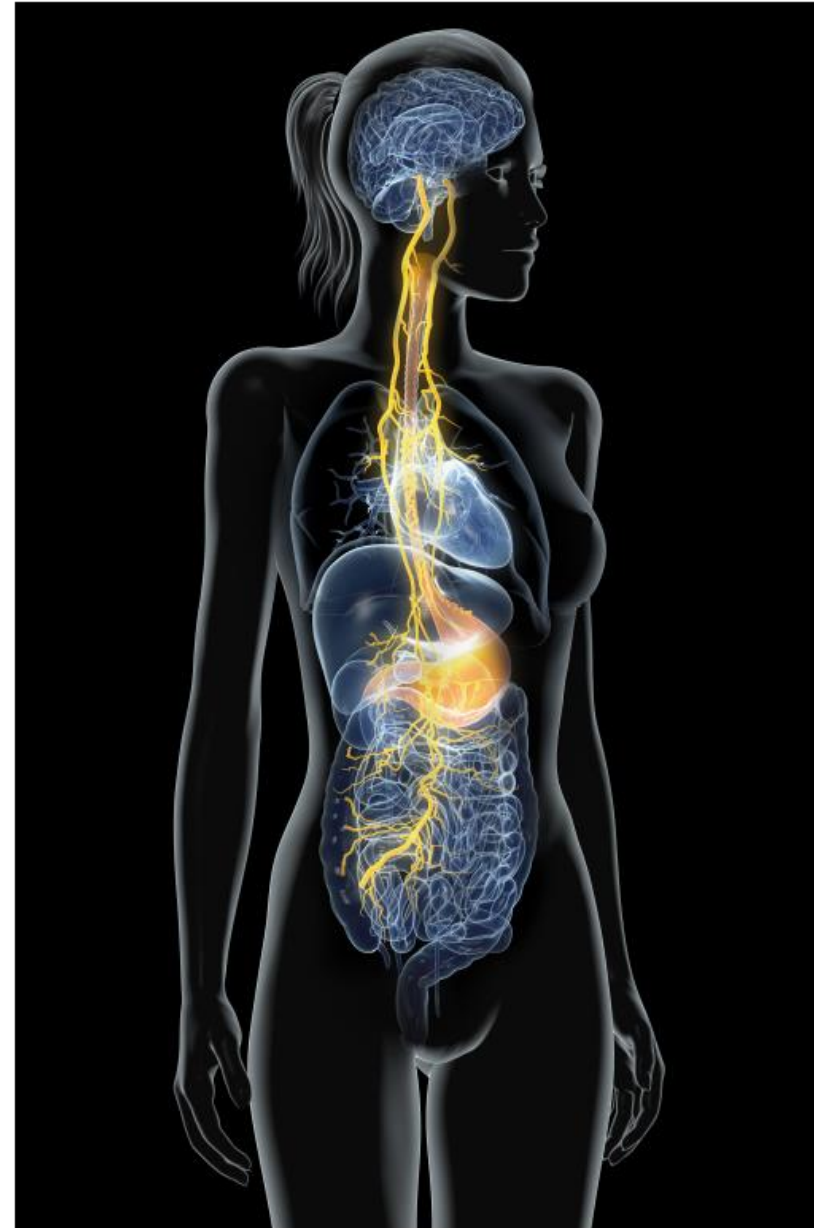


Vagus Nerve

Starts at the brain stem (right & left)

Runs to all the internal organs

Provides the parasympathetic supply





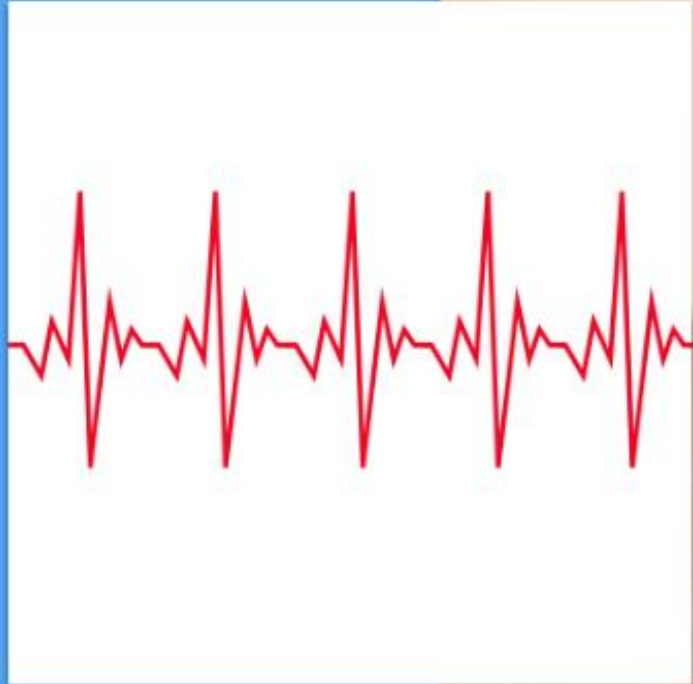
Hold your breath technique

Inhale through your nose
- 3 counts

Hold your breath
- 12 counts

Exhale
- 6 counts

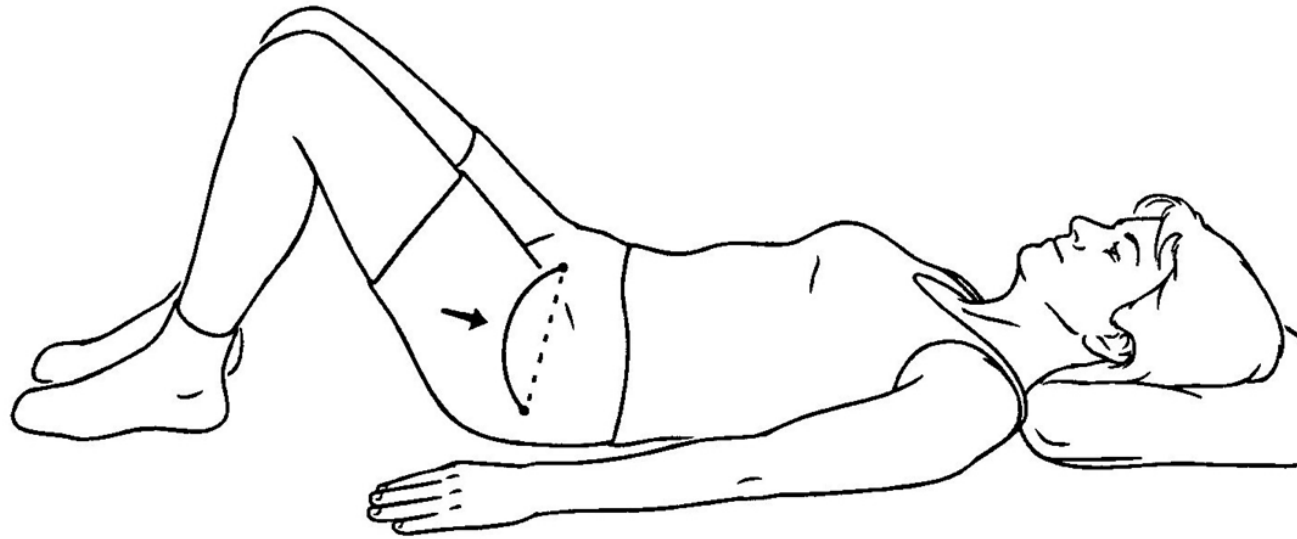
Vagal Brake \Rightarrow Attenuates resting heart rate



SOMETIMES
I LAUGH SO HARD
TEARS RUN DOWN
MY LEGS



PELVIC FLOOR ISOLATION - 17 Slow Contraction: Gravity Eliminated (Hook-Lying)



Lie with hips and knees bent. Slowly squeeze pelvic floor for 3 seconds. Rest for 6 seconds. Repeat 10 times. Do 2 times a day.

I'm doing my kegel
right now.




your  cards
someecards.com



WHEN I CREATE
PEACE, HARMONY,
AND BALANCE IN
MY MIND, I FIND
IT IN MY LIFE.

- LOUISE HAY -

 SYMPHONY OF LOVE
PHOTO BY HIDEAKI NAKATANI

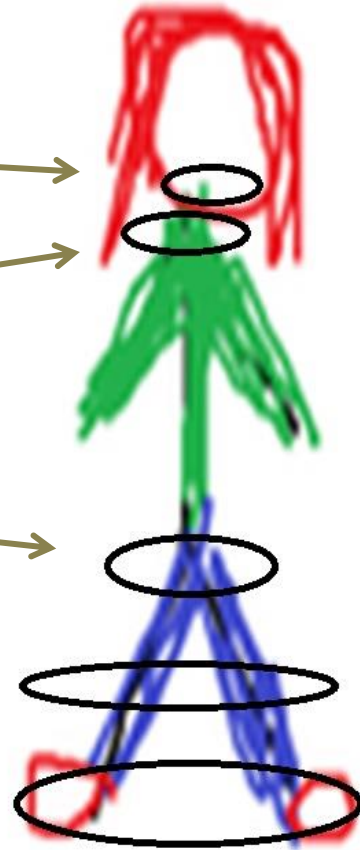
Breathing Meditation

<https://www.breatheology.com/free-video-breathing-meditation/>

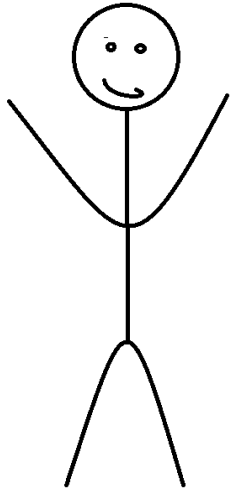
Checkpoints for vocal freedom

- Posture - erect, good alignment
- Jaw - dropped, loose
- Tongue - flexible, out of the way!
- Neck - loose, like a baby neck
- Pelvis area - loose
- Knees - flexed
- Feet - parallel

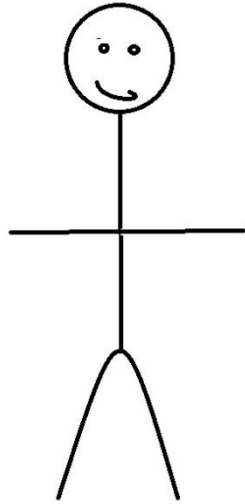
- Jaw dropped, loose
- Tongue, flexible, loose
- Neck, like a baby neck
- Pelvis area, loose
- Knees, flexed
- Feet, parallel



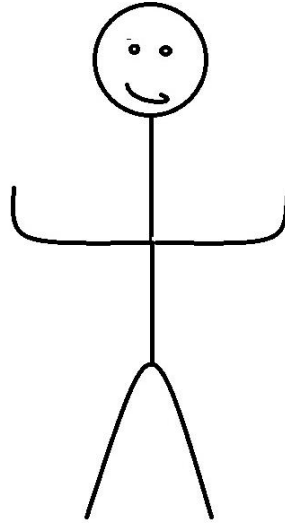
Y



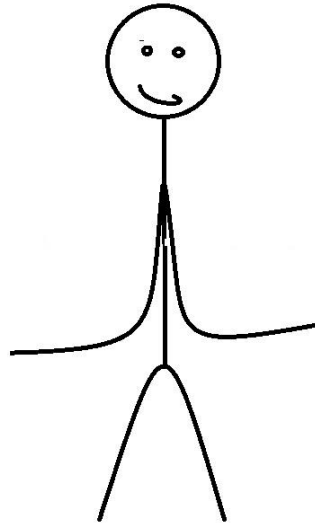
T

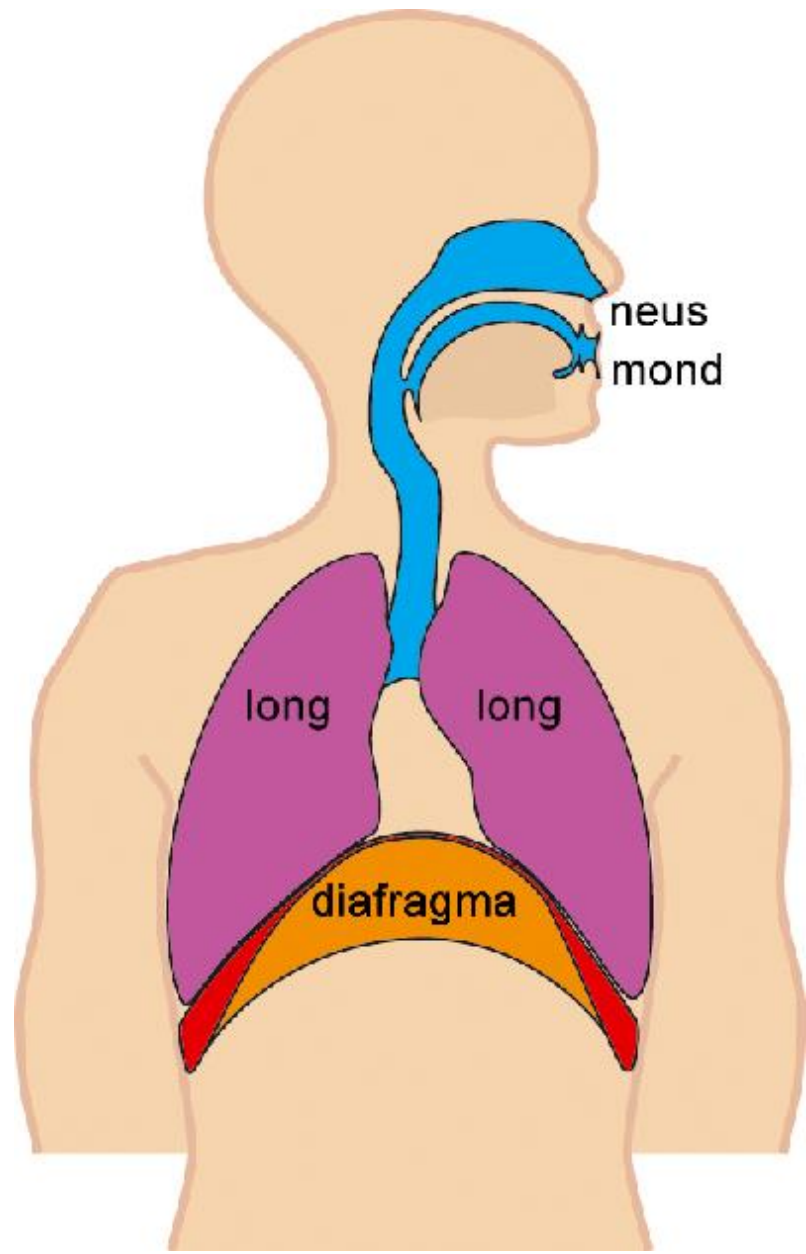


E



L





neus
mond

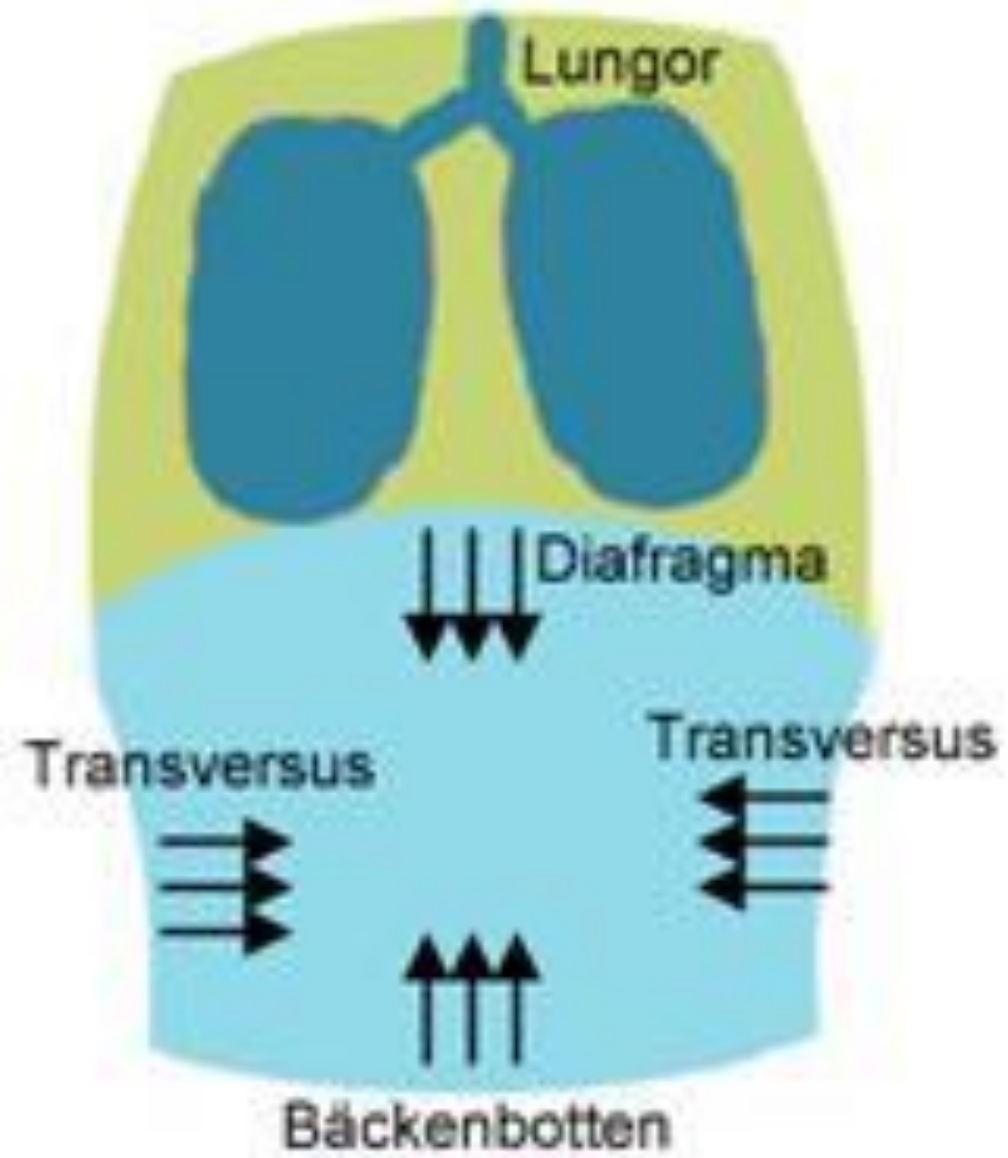
long

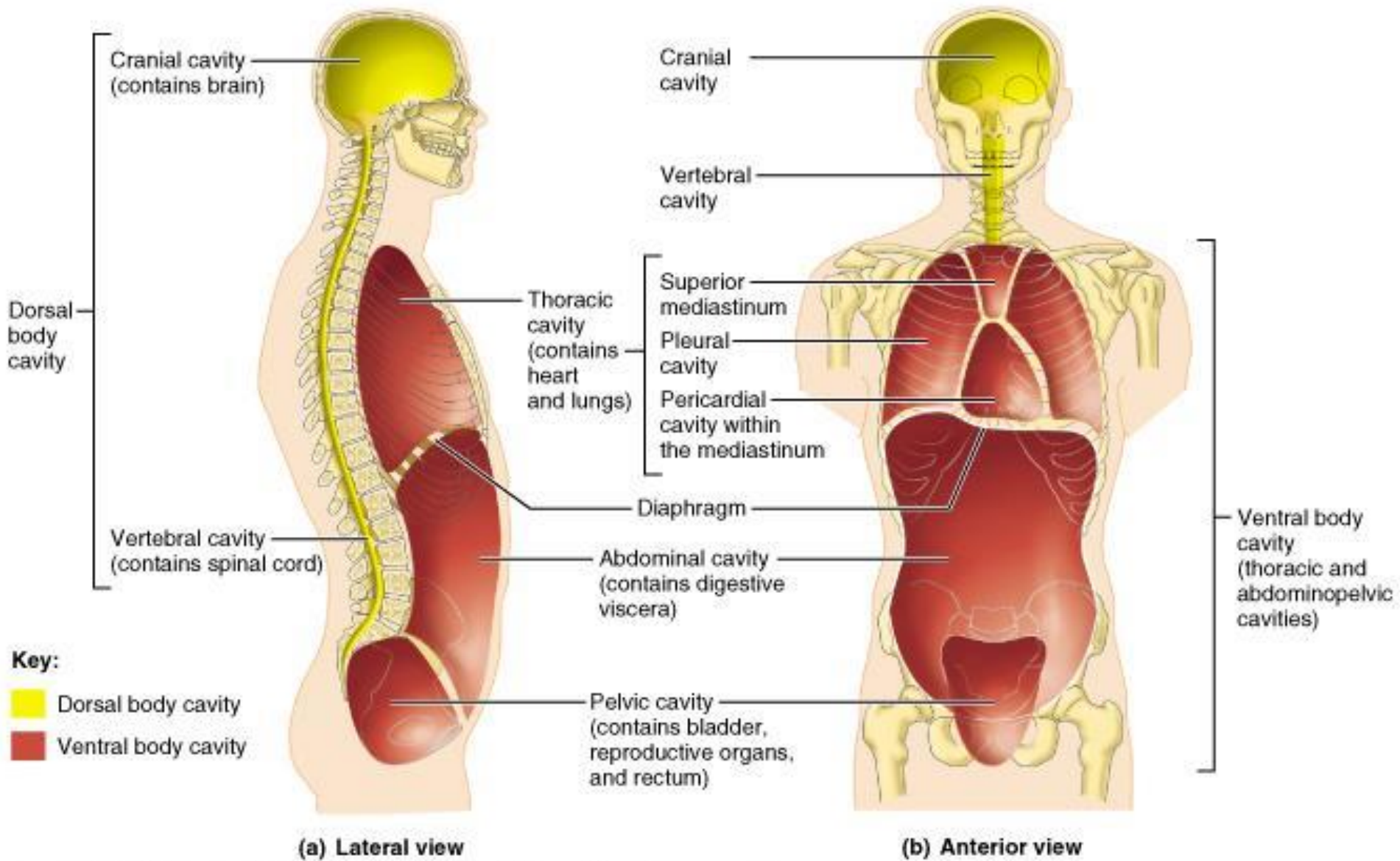
long

diafragma

An anatomical illustration of the human torso showing the diaphragm and its associated muscles. The diaphragm is depicted as a large, reddish-brown, dome-shaped muscle that separates the thoracic and abdominal cavities. It is shown with its characteristic striated texture. The muscles are shown in various orientations, with some fibers running horizontally and others more vertically. The illustration is set against a light green background. The text "Diafragma-muskeln" is overlaid on the lower part of the diaphragm in a bold, white, sans-serif font.

Diafragma-muskeln







Breatheology

Increase your wellbeing!

Breathe better!

It's important to exercise
your pelvic floor regularly!



I've done so many Kegels that I'm pretty sure I could snap a Nokia phone in half with my hoo-ha.



som^{ee}cards
user card