

Breathe Work Instructions to match the links.

This is a quick 3 minute reset when you're feeling stressed:

### **3 minute breathing space**

<https://youtu.be/2fE01G5AXgg?si=KTzQiZ17uDpCIE6J>

These two are the BOLT test if you want to see how you progress as you practice these and Breathe light to breathe right exercise, to simply slow your breath down and increase tolerance for CO2

### **Breathe light to breathe right**

[Breathe Light Exercise - as Patrick McKeown | Oxygen Advantage](#)

### **Bolt score**

[How To Measure Your Bolt Score With Patrick McKeown](#)

Perform 4-8 rounds of 478 in bed at night or whenever needed, here's a tutorial and a guided practice

### **478 breath tutorial and info**

<https://youtu.be/akqgL9bW6a0?si=dYDVlwF3QRE8GRI3>

### **Guided 478**

<https://youtu.be/VSgRAJX9gUc?si=HOvXrs7V2bMm-aIM>

Here is a breakdown of functional 3 part breath to practice accessing all parts of the lungs and breathing muscles

### **3 part breath practice 6 mins**

[https://www.youtube.com/watch?v=Ny\\_QN2EmAE4](https://www.youtube.com/watch?v=Ny_QN2EmAE4)

### **3 Part Breath / Full Yogic Breathing 11 mins more detailed**

<https://youtu.be/cFV9H3gNy7U?si=KGunUxB2YITxo-3Y>

Lastly here's a Yoga nidra, there are a ton on Youtube to choose from, as well as on spotify or insight timer app.

<https://www.youtube.com/watch?v=8mM5Oks8yZc&t=67s>