



Wellshop for workbeings

How to breathe? Nose L.S.D

NOSE

Light
Slow
Deep

MOUTH

Hard
Fast
Shallow

Breathing sequence

Mouth – Mouth: 4 seconds in, 4 seconds out

Nose – Mouth: 4 seconds in, 4 seconds out

Nose – Nose: 4 seconds in, 4 seconds out

Left Nostril: 4 seconds in, 4 seconds out

Right Nostril: 4 seconds in, 4 seconds out

Breath hold: 4 seconds

PERFORMANCE – To perform physically, mentally and emotionally

READINESS – To improve improve sleep and focus

RECOVERY – To improve Heart Rate Variability, a key recovery metric

Breath training for corporate athletes

Extreme Sports

Top athletes that do breathtraining



Recovery

Performance

Readiness

Top companies that do breathtraining

