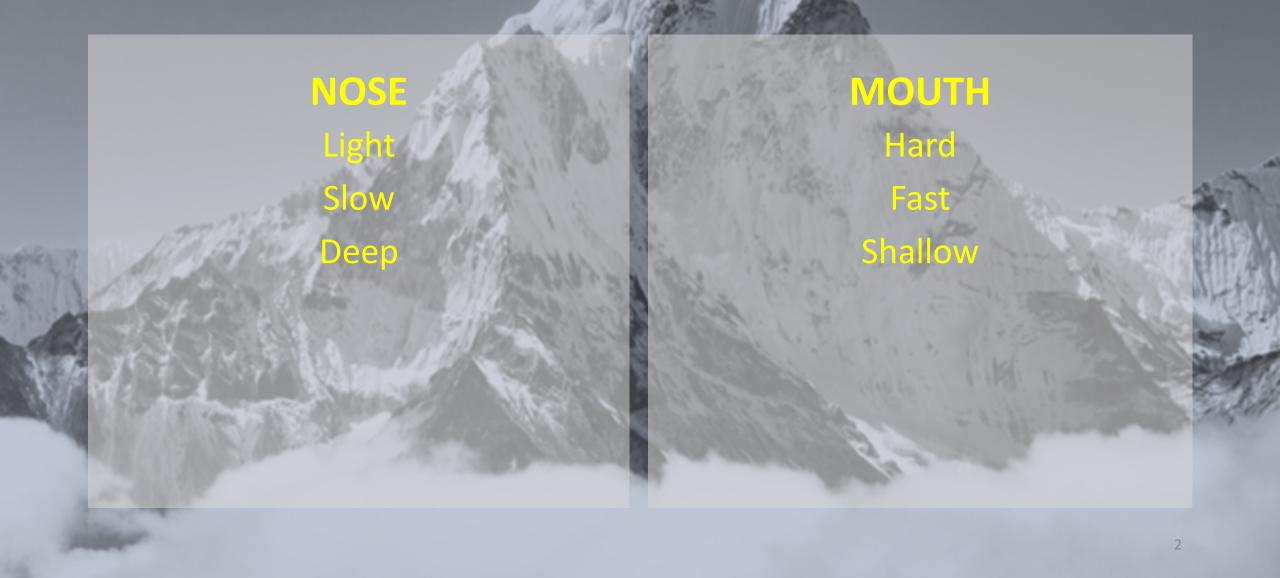
# Wellshop for workbeings

## How to breathe? Nose L.S.D



## 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 breathtrainin







