

# 3 BREATHING TECHNIQUES TO BOOST ENERGY



## FIRE BREATH

Take a deep breath in through your nose, filling your lungs and expanding your belly fully. Then, exhale forcefully through your mouth using your abdominals to push the air out. Repeat the cycle for 10-20 breaths. After each round, pause and return to your natural breath. Take stock of your energy levels.



## ALT NOSTRIL BREATH

Take a deep breath in through nose for four seconds, then hold your breath in for four seconds. Next, exhale gently for four seconds, then hold your breath out for four seconds. Repeat for 5 minutes. Use this technique to refocus your attention, quiet racing thoughts, and balance your heart rate.

## BREATH HOLD

Inhale deeply through your nose and fill your lungs completely. As you inhale, squeeze your pelvic floor muscles up and straighten your spine. Tilt your head down, tucking your chin into your chest. Hold your breath in for 15-30 seconds. This will increase your heart rate and boost your energy levels. Only repeat 1-2x as you may experience light-headedness.

