**Practice Guide for Breath Hold**

**Normal Breathing:**
Alternating between breathing in and out

**Breath Hold:**
Breath in deeply and **HOLD**

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**Final Goal:** Comfortably take 10-15 deep breath holds of 20 seconds or more in one session

*Take short 30-45 second breaks between breath holds*

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**Practice 1 Instructions:**
Take 10-15 breath holds per session. Practice for at least 2 sessions daily:

- Take a seat
- Take a deep breath
- Hold your breath for more than 10 seconds
- Try to increase your breath hold time each day up to 25 seconds

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**Practice 2 Instructions:**
Take 10-15 breath holds per session. Practice 2 sessions each day

*After waking up, and before sleep*

- Lay down on your back
- Raise your arms above your head
- Take a deep breath
- Hold your breath for more than 10 seconds
- Try to increase your breath hold time each day up to 25 seconds