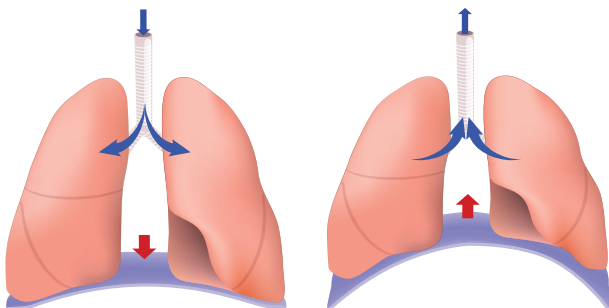
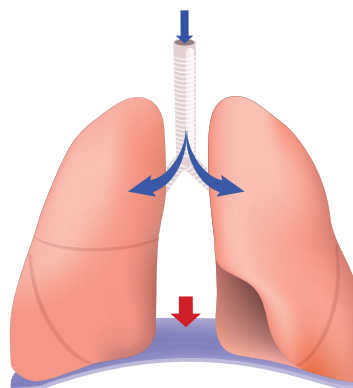


Practice Guide for Breath Hold



Normal Breathing:

Alternating between breathing in and out



Breath Hold:

Breath in deeply and **HOLD**

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*

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

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