



5-Day Breathwork Challenge:

A Simple Path to Calm

Daily breathing techniques
to reduce stress, boost
energy, and improve
mindfulness.



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Welcome to the 5-Day Breathwork Challenge!

Breathwork is a simple, powerful tool that can help you reduce stress, improve focus, and create moments of mindfulness in your daily routine. Each day, you'll explore a new breathing technique to bring calm and clarity into your life.

How to Use This Challenge:

- ✓ Choose a quiet space to practice daily (5-10 minutes).
- ✓ Follow the instructions for each breathing technique.
- ✓ Grab your journal to reflect on how you feel before & after each session.
- ✓ Repeat as often as needed throughout the day!

Let's begin! Take a deep breath in... and exhale.



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Ocean Breath (Ujjayi)



Sit comfortably and inhale deeply through your nose.



Exhale audibly, creating a soft "ocean" sound.



Repeat for 5 minutes.

Day 1: Ocean Breath (Ujjayi Breath)

Purpose: Improves focus, builds internal heat, and deepens the breath.

Instructions:

- 1** Inhale deeply through your nose while slightly constricting the back of your throat.
- 2** Exhale slowly through your nose, maintaining a gentle resistance to create an ocean-like sound.
- 3** Keep your breathing steady and smooth for 5-10 rounds.

Reflection Question:

How did this breath help me tune into the present moment?

Box Breathing

Breathing Exercise Prompts



Day 2: Box Breathing (Square Breathing)

Purpose: Helps with focus & calmness in stressful situations

Instructions:

- 1 Inhale for 4 seconds.
- 2 Hold your breath for 4 seconds.
- 3 Exhale for 4 seconds.
- 4 Hold for 4 seconds.
- 5 Repeat this box pattern 4-5 times.

Reflection Question:

What thoughts came up during this practice?

BREATHING EXERCISE PROMPTS

Alternate Nostril Breathing

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Sit comfortably with a straight spine.

1

Close your right nostril with your right thumb.

2

Inhale deeply through your left nostril.

3

Close your left nostril with your right ring finger.

4

Exhale through your right nostril.

5

Repeat for 5 minutes.

6

Day 3: Alternate Nostril Breathing (Nadi Shodhana)

Purpose: Balances energy & clears the mind.

Instructions:

- 1 Close your right nostril with your thumb.
- 2 Inhale deeply through your left nostril.
- 3 Close your left nostril, open the right, and exhale.
- 4 Inhale through your right nostril, close it, open the left, and exhale.
- 5 Repeat for 5 cycles.

Reflection Question:

How does your breath feel different from when you started?



Day 4- Coherent Breathing (5:5 Breath Ratio)

Purpose: Balances the nervous system and promotes deep relaxation.

Instructions:

- 1 Inhale for 5 seconds through your nose.
- 2 Exhale for 5 seconds through your nose.
- 3 Maintain this rhythm for 1-2 minutes.
- 4 Focus on creating an even, calming breath cycle.

Reflection Question:

What changes do I notice in my body and mind after this practice?



Day 5: Loving-Kindness Breath (Metta Breath)

Purpose: Cultivates self-love & compassion.

Instructions:

- 1** Inhale deeply and think: "May I be well."
- 2** Exhale and think: "May I feel peace."
- 3** Repeat, extending kindness to loved ones: "May they be well."
- 4** Repeat for 5 cycles.

Reflection Question:

"How did it feel to send kindness to yourself and others?"

You Did It!

You've completed the 5-Day Breathwork Challenge!

Take a moment to reflect:

What technique did you enjoy the most?

How did breathwork impact your mood & focus?

Next Steps:

- 💡 Keep practicing breathwork daily!
- 💡 Grab my in-depth Guided Breathing Workbook for deeper breathwork routines with added practices!
- 💡 Sign up for our newsletter for more self-care tips!

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