

5-Day Breathwork Challenge: A Simple Path to Calm Daily breathing techniques to reduce stress, boost energy, and improve mindfulness.





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.

more than gorgeous



Day 1: Ocean Breath (Ujjayi Breath)

<u>Purpose:</u> Improves focus, builds internal heat, and deepens the breath.

Instructions:

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?



Day 2: Box Breathing (Square Breathing)

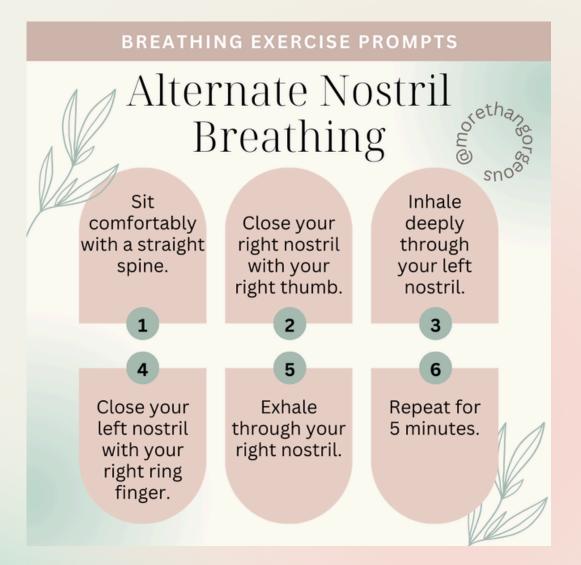
Purpose: Helps with focus & calmness in stressful situations

Instructions:

- 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?



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:

- 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?

2 1 Inhale, imagining Sit in a loving energy comfortable entering your position. body. *Loving-Kindness* Breath (Metta Breath) 3 4 Exhale, silently repeating a Repeat for 3 positive phrase minutes. like "May I be at peace." @morethangorg

Day 5: Loving-Kindness Breath (Metta Breath)

Purpose: Cultivates self-love & compassion.

Instructions:

- 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!

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