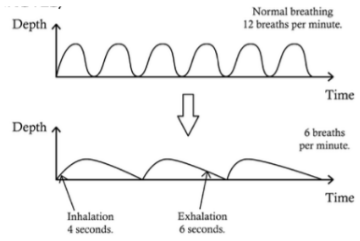




LSD breathing- LIGHT, SLOW, DEEP

SIMPLIFIED PROCEDURE	DURATION	NOTES	RECORDING
- Place your hands on your lower two ribs. - Slow down the speed of the air as it enters and leaves your nose. Your breathing should be light, quiet and still. - At the top of the inhale, bring a feeling of relaxation to your body and allow a slow, soft, relaxed breath out. The air should leave your body slowly and effortlessly. - With each inhalation, take the air deep into the lungs. - As you breathe in, feel your ribs expanding outward. As you breathe out, feel your ribs moving inward. - The cue throughout the exercise is light, slow and deep. - In 2, 3 or 4 , out 2, 3, 4, 5 or 6 (Pause for one second) - In 2, 3 or 4, out 2, 3, 4, 5. or 6 (Pause for one second) - Please continue breathing in this manner for the next four minutes. Breathe light, slow and deep. 	4 min + any time of the day. Great before bedtime practice 10-15 min.	Bring all three together: - Light 2a: Breathing slightly less air to create a light air hunger. - Slow 2c: Do not take so many breaths per minute. Pace your breathing to six breaths per minute during rest. - Deep 2b: Feel your lower ribs expanding and contracting with each breath.	please click

Ocean breath and Humming = Breath Fusion CALMA

EXERCISE	SIMPLIFIED PROCEDURE	DURATION	NOTES	RECORDING
	Ocean breath Get Comfortable – Sit with a straight spine or lie down. Inhale Slowly – Breathe in gently through your nose. Exhale with Ocean Sound – Breathe out through your nose with a slight throat constriction, creating a soft wave-like sound. Keep a Steady Rhythm – Maintain slow, controlled breaths. Inhale Slowly – Breathe in gently through your nose. Exhale with Humming – Slowly exhale through your nose, making a sustained "hmmmmmm" sound. Focus & Relax – Close your eyes, listen to your breath, and let it flow naturally.	10-15 min or more	Feel free to use it even twice a day to calm and harmonise your body, mind, and breath itself, preferably in the late afternoon or evening hours, or whenever you need to calm down.	please click

