

TBR BREATHWORK BLUEPRINT



10 EASY STEPS TO
TRANSFORM YOUR MIND & BODY



WELCOME TO TBR BREATHWORK BLUEPRINT!

Breathwork is a powerful modality that has been utilised by cultures for centuries. Over recent times awareness of this power within breathwork has been making its way into the mainstream in both traditional media outlets, and the new worlds of online media and its algorithms.

It is truly phenomenal the impact the breathwork has been having on humanity and the potential future is bright. It has been used to support hundreds of thousands of people all around the world experience breakthroughs, overcome lifelong challenges, and improve the function of their body and mind. Breathwork for those who need clarity is simply applying a specific focus, technique or sequence to your breath for a desired outcome.

The bigger breathwork experiences are where a lot of the limelight is going, at TBR we see the ability to implement the breath into your everyday life as where you really get to reap the benefits. Our breath is at the core of every human bodily function, we always have it with us, and as such it touches everything we do.



You can use an awareness of your breath in every element of your life in a very safe, effective, yet subtly powerful way. This awareness, or skill set, can help improve your home life, work life, the way you rest & your energy to play. The hardest step with anything however is the first one, where to start with breathwork?

Here are 10 ways to choose from.

We have put together a Breathwork Blueprint for you. It will cover how someone could typically implement simple breathwork awareness/techniques to their day, from waking up to going to sleep, and everything in between.

NOTE: You do not need to do all of them, everyday, all the time. Instead, we encourage you to try them all at the right time once or twice, then pick your favourites to start with (start with two perhaps?). Pick the ones that helped amplify, elevate, and expand your ability to do whatever it is that came next.

If you get bored of your first preferences, then find your next two favourites and maintain a consistent breathwork practice. Awareness and consistency are two keys to unlock the breath, so ensure have fun with it and feel free to mix things up.

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1. WAKING UP



Sick of hitting snooze? How would it feel to be excited to get out of bed instead of rolling out of bed, heavy headed looking for your morning cup of coffee. What if we helped take some of the struggle out of getting up each morning?

There is a reality out there where you roll out of bed with more comfort and an elevated energy for the day ahead. Breathwork has this uncanny ability to shift our state and you will be amazed at how a change in perspective when waking up each morning can have an impact on the rest of your day.

TECHNIQUE

- *Once you have woken up in your bed, hit play on the guided track provided. This is a very simple nasal breathing technique to the frequency of 432hz, a healing frequency. A subtle sound to awaken your new day*
- *As you lay there with your phone playing (or through headphones) the technique will guide you into long slow deep conscious connect breaths in & out your nose. Follow each breath in through your nose, expanding first deep into your belly, out through your ribs, finally lifting your chest. Then feel the breath roll back out through your nose in a reverse order, your stomach relaxing last. As you feel your ability to breathe a little deeper and more expansive, continue to follow your breath to its ends, allowing it to organically build in depth and fullness. This will naturally allow your body to wake itself up with more energy to start your day.*

After following along to the guided track we have provided, feel free to start listening to your own music to start the day. Simply put any 432hz frequency track that you like whilst applying the breathwork technique you have learned from our guided track.*

* It doesn't need to be a specific frequency track, if you prefer music from a particular genre feel free to practice this technique to one or two tracks of your choice.

LINK FOR AUDIO TRACK 1: [HERE](#)

2. MORNING MOVEMENT

To get more out of your body you need to move it. A slow, but active movement or mobility session in the morning can work wonders for even the stiffest and sorest of souls. When you connect these movements with the breath you might be surprised by the effects.

As you breathe into the muscles, or areas of the body working you will be more able to find the right length-tension relationship. Aligning your muscles and bones so you can soften & become more supple. Remember it is early, we are here to move slow and with focus. Pick 3-5 movements, be well supported with pillows, bolsters, blocks etc.

This slow breath focus will help create an internal environment for you to get more out of your movement, without pushing yourself over the edge. The slower the breath and movement the better.



TECHNIQUE

- **MOBILITY FLOW:** *Once you have picked your 3-5 movements - breathe your way in, only going as far as your breath takes you. As you move your way back out, use your breath to assist. Move with the breath, as you reach the edge of your breath (top or bottom) aim to be reaching the edges of your movement.*
 - **The 4 movements in our guided audio track are:**
 - **Low/high lunge (5br/side)**
 - **Low Lunge T-Rot (5br/side)**
 - **Child's pose Side bend (5br/side)**
 - **Running man twist (5br/side)**
- **STATIC BODY/FLOWING BREATH:** *If a particular movement is challenging, statically loading the body is a safe way to start exploring your ranges. Holding a position loaded (like a high lunge) works strength (which will help your flexibility) compared to holding a 'low' position (low lunge) working more into flexibility/mobility. You will be able to tell the difference, either way try to maintain a 1:1 cadence with your breath. **Goal cadence:** 6:6 all nasal or longer.*

LINK FOR AUDIO TRACK 2: [HERE](#)

3.

HOT/COLD SHOWER

If you are an ice bath lover this practice is for you! If you hate the cold and never in your life want to do an ice bath... this is for you too! When it comes to hot/cold exposure therapy, we can squeeze some more benefits from the contrast of alternating between the hot & cold, as opposed to simply exposing yourself



to only the cold. It does not need to be icy cold either, it just needs to be cold enough you want to get out. There are marginally more benefits the colder you go, but this is only to a point and some cold is better than no cold at all.

This technique is a quite simple & effective practice that combines the benefits of hold/cold exposure and breathwork together. Love it or hate it, it will no doubt help support you with an invigorating & energising start to the day ahead!

TECHNIQUE

- **HOT:** Start hot and clean your body. Once complete take a few Long, Slow, Deep (LSD) breaths and then turn the hot water off to a point where it is cold enough that you want to get out. Now time to focus on that breathwork activation.
- **COLD:** With the cold water running down the back head and neck (trying to get as much of your body with cold water running over it) perform the following protocol:
 - 10 breaths in slowly and completely through your nose, long exhale out your mouth with a hum.
 - After the 10th breath, pause at the end of your exhale for a count of 10.
 - Follow that with a long slow inhale in through your nose and pause at the top for another count of 10.
- **HOT:** Return to your normal breath rate after the above breath sequence, turning the water back onto hot, bringing more circulation back into your body after the cold.
- **REPEAT:** Do it if you're feeling up to it...

LINK FOR AUDIO TRACK 3: [HERE](#)

4. WORKOUT - PRE/INTRA/POST

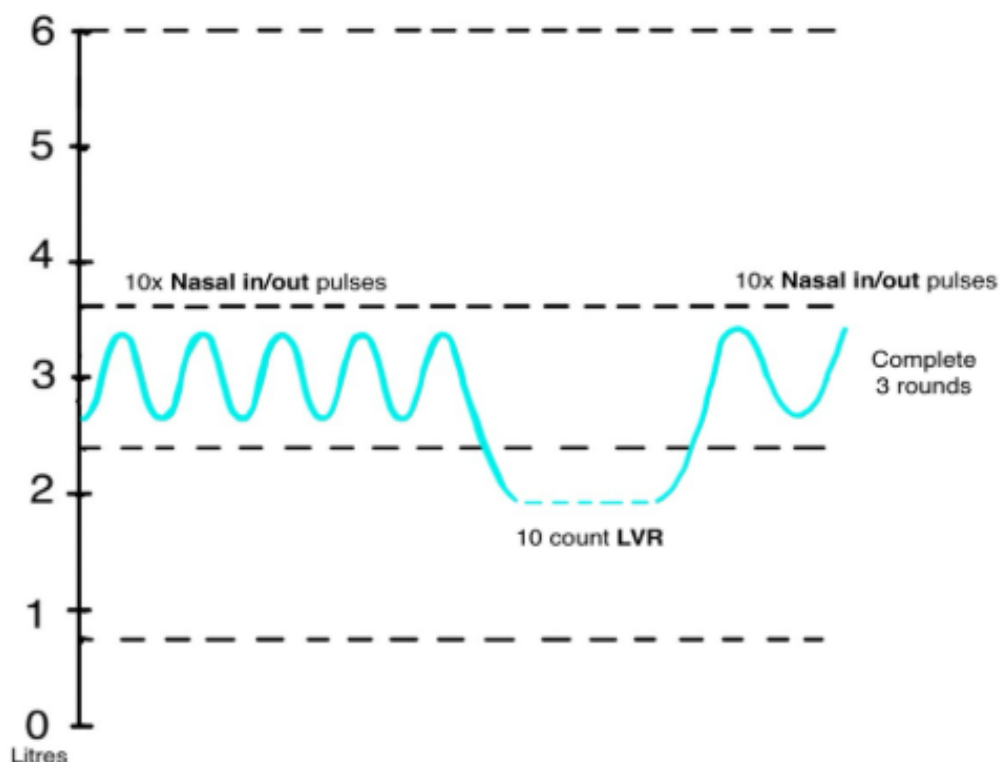
You gotta control the fire. Instead of reaching for another scoop of pre workout before your training session (plus you have already had 2 coffees), there are other ways to stoke up that fire for your workout. Once you are in it and the fire is burning you will need to know how to keep it composed. Then once the work is done, we will cool it back down to baseline. This is a three-in-one technique.

We start with a simple yet challenging high ventilation breathwork technique that can help replace that pre-workout. Then we jump into some breath awareness to keep our composure, which we achieve by keeping a lid on our heart rate. We can even lower it mid-workout, making the most out of any rest periods or the time between exercises. Finally, we take that same awareness to cool our jets post session.

TECHNIQUE

• PRE-WORKOUT

- Before jumping out of your car to walk into the gym, take a minute or 2 to stoke that fire. Take 10 rapid exhales out your nose (sounding like a bull) followed by a 10s low volume retention (hold your breath after the **exhale**).
- Repeat this sequence for 3 rounds. After the third round give yourself 5xLSD nasal breaths to land before jumping out of the car and into your workout.



- ** You may feel your body generate some heat, feel tingling sensations and possible minor little lightheadedness. Stay composed and calm as this is an appropriate, healthy response to the shifts in our blood chemistry that occurred. The calmer you are the better, 10 seconds is 10 seconds.*

• **INTRA-WORKOUT**

- *The composure is in the nose. Depending on the style and intensity of your workout, always try to maintain nasal breathing as much as possible. Perhaps exhaling out your mouth when things start to pick up while trying to keep nasal breathing for your inhale. The goal is to balance your work of breathing and maintain respiratory composure.*
- *When you really start to feel exhausted/ breathless, find an opportunity to downshift and regulate your nervous system. Simply shift your focus from the inhale to the exhale. Gasping for air is very ineffective, instead slow your inhales and apply more effort to getting the air out. We want to increase the volume and length of the exhale. 5-10 of these are all you will need, then try to work your way back to composed breathing matched to your work-rate.*
- *Maintain this breath awareness practice and you soon feel the impact it has on your performance, particularly your recovery between efforts. What we can do with our mouth shut, nasal breathing only will surprise you.*



• **POST-WORKOUT**

- *Just like during your workouts, breathing in through your nose in a slow expansive manner, followed by a focus on exhale volume and length is the how we will bring our heart rate down post session.*
- *First think about 'paying the debt' with regards to carbon dioxide, the by-product of all your hard work. This is achieved by focusing on the volume more so than the length of your exhale. 5-10 of these will help you to then shift your focus to the length of your exhale over volume. 5-10 of these will have you feeling remarkably better.*
- *Do not work too hard and force your breath to slow down here, how efficient can you make your work of breathing to help regulate your nervous system and slow your heart beat.*
- ** If you really sent it, simply do more of each.*

Composure and balancing your work of breathing while in the fire of a higher heart rate will support you in building a healthy cardiovascular (CV) system safely. Higher intensity exercise also does wonders for our anxious, monkey minds.



Long term this group of techniques may help:

- Lower caffeine consumption
- Improve your energy efficiency during and outside of workouts
- Improve biomarkers for CV health (improved heart rate variability [HRV], decreased resting heart rate and breathing rate, decreased blood pressure).

LINK FOR AUDIO TRACK 4: [HERE \(PRE-WORKOUT\)](#)

LINK FOR AUDIO TRACK 5: [HERE \(POST-WORKOUT\)](#)

5.

STEADY-STATE CARDIO / TRANSIT / WORK

These three are together because our breath technique/awareness is the same for all three. We can work at efforts up to 85% of our heart rate max (HRM) nasal breathing only. This means nasal breathing should be our natural default under this level, however our breathing is very situationally dependent. You might be surprised how differently you unconsciously breathe while doing these three activities.

Focusing on nasal breathing during steady state cardiovascular exercise (zone 1-2, or 50-70% HRM for 10+ minutes) is the most obvious change you would be consciously aware of, however activities like driving and working is when you might find yourself accidentally holding your breath, or unconsciously shallow breathing.

Not only is nasal awareness at these moments great physically with regards to our breathing mechanics and ability to get into that steady state, but it is also wonderful for the mind.

Nasal breathing has been shown to help improve cognition which can be particularly useful in the workplace or getting into the flow with steady state cardio. It also has some positive effects on the nervous system and emotional regulation, helpful for the anxious drivers and road ragers among us.



TECHNIQUE

While doing these activities try to think about these two points:

- **NASAL BREATHING MANTRA**

- *This is more about our oral facial posture than a specific breathing technique. The position of these specific structures in our face and throat makes a huge difference in our nasal breathing comfort, particularly when exhaling with any force or effort. The mantra, or phrase to say in your mind as you are completing these activities is:*

1. **Lips sealed**
2. **Tongue set** (firmly to the roof of your mouth)
3. **Teeth soft** (not clenched, keep a small gap between your back teeth)

- **LESS IS MORE**

- *Taking 6 breaths per minute will get you twice as much air into the depths of your lungs compared to 25 breaths per minute. This is why you see the LSD technique recurring throughout the table of contents. Slow and expansive is the goal.*

A starting point for nasal cardio might just be a brisk walk...



6. SET-OFF/TRIGGERED

Sometimes things can get under our skin and make us a little more reactive than we would like to be. These things can take all forms and shapes, from frustrating little phobias, crippling fears, and traumatic events. Everyone can and will experience things of this nature over their lives, becoming overwhelmed by fear and emotion countless times. This is part of the natural process of life, it has its inherent challenges.

Parts of our body remember these things and store it away in our body, mostly in the subconscious areas of the mind, particularly our limbic system. This ancient neural pathway we share with other mammals plays a huge role helping us not make the same mistakes too often to stay safe. What we can do that many mammals do not appear able to do is intentionally manipulate our breathing to help in times like this.

This will help us go from **reacting**, to **responding**. No one makes good decisions when reacting from a heightened state, your nervous system (NS) is dysregulated.

This little couplet of techniques can act as a bridge, from reactive/dysregulated NS to a more responsive/regulated NS. This not only works when your mind is dysregulated, it helps when your breath is dysregulated from training as well.

TECHNIQUE

Be sure to practice this a few times with a clear mind before you try to use it when you have been set off/triggered. Use the guided audio track for this practice.

- **THE 5&5 [SIGH TO SLOW DOWN]**
 - Start with 5x physiological sighs, or 'double inhales' followed by a free-falling passive exhale. Making sure to feel the exhale come to a complete pause before taking your next breath.
 - Then 5x 1:2 cadence breathing, counting how long it takes you to fill your lungs, then taking twice as long to empty them back out. For example, inhaling for 3: exhaling for 6.

Maintain this technique until you feel your heart rate start to slow down and your frustration starts to dissipate. Use this more composed state to make your next steps, aiming to respond approximately or at best see how you may have slipped up.

LINK FOR AUDIO TRACK 6: [HERE](#)

7.

AFTERNOON PICK ME UP – CAFFEINE-LIKE

Ever need a mid afternoon pick me up? You have hit the 3pm slump and have more work to do, you have things on after work. At the same time, you know more coffee means no sleep.

Try the primer breath, this is one the 9 techniques involved in our level one online education course titled *Self*. A personal and professional development course designed to put the power of the breath into your hands, or the hands of your clients.



TECHNIQUE

This is a progressive sequence, building by 10 breaths and 10 more seconds of breath retention (holding).

- **Round 1:** Take 10 pulsing exhales driven breaths **nasal only**. After the 10th exhalation empty your lungs and retain (hold) your breath for 10s. Inhale through your nose and start the next round.
- **Round 2:** Take 20 pulsing exhales driven exhales **out your mouth, BUT** keep **inhaling** with your **nose**. After the 20th exhalation empty your lungs and retain (hold) your breath for 20s. Inhale through your nose and start the next round.
- **Round 3:** Take 30 pulsing exhales driven breaths **mouth breathing only**. After the 30th exhalation empty your lungs and retain (hold) your breath for 30s. Inhale through your nose but this time retain your breath with full lungs for 30s.
- **Land:** Take 5 LSD nasal breaths and get back into whatever it is you got next.

Do not worry if you forgot everything you just read, we have a guided track for you.

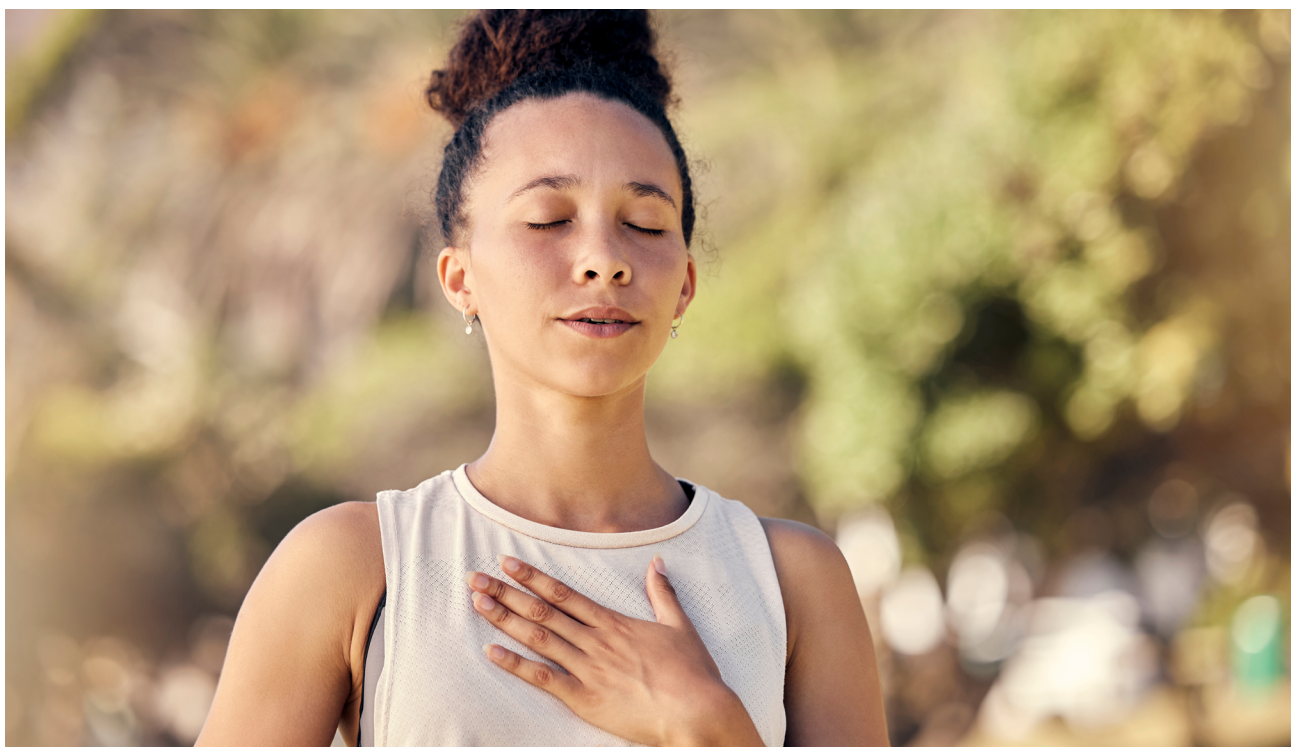
*** Do not do this technique while operating machinery/driving/or near water as fainting, while a minimal risk of occurring, is still a possibility.**

LINK FOR AUDIO TRACK 7: [HERE](#)

8.

AFTERNOON WIND DOWN – MICRO-DOSE

Would you love a power nap but don't have the time or space? Maybe you don't fall asleep quickly or are one of those people who *can't nap* (an unimaginable life for some). This technique is a little time out, a *microdose* of **Non-Sleep Deep Rest [NSDR] breathwork**.



Think of it like putting your body on *sleep-mode*, dipping into the slower theta and delta waves associated with sleep states, while not losing consciousness. This can be completed seated at work or in the car (while it is **parked**), lying on the floor with your knees bent and feet planted, or wherever you are comfortable.

The breaths get slow, the exhales get long, and we do a little body scan. Try to not get frustrated if you are unable to maintain the count the first few times you try this one. If you are struggling to say exhale for a 10 count, focus on beginning your exhale much slower from the very start, and maintain that same pace the whole way out.

Tapping into these wavelengths and some relaxation can help us recharge our batteries and access the benefits associated with meditative practices in a short period of time.

LINK FOR AUDIO TRACK 8: [HERE](#)

9. GRATITUDE PRACTICE

When we express more gratitude, we can experience more happiness. One of the most powerful times to practice this is at night before bed, as it will be the energy you take with you to sleep. Perfect.

We have a guided track running you through a 1:1 cadence breathing pattern to balance your system, connecting your heart and mind, and start slowing things down prior to sleep. You will then be invited to complete a basic gratitude practice, either written down and simply said to yourself.



TECHNIQUE

Guided slow breathing into a basic gratitude journal practice.

- **1:1**
 - *Something as simple as this balanced ratio breathing can have a positive effect on us. We will start with a few rounds at 3 in: 3 out, working up to 6 in: 6 out where we will spend a few minutes.*
- **Gratitude practice**
 - *Once we have finished with the cadence breathing you will be invited to complete a basic gratitude practice with, or without a journal.*

LINK FOR AUDIO TRACK 9: [HERE](#)

10. SLEEP WAVES

In need of better sleep? Maybe you struggle to switch off and actually fall to sleep. Try this bedtime combination to help get yourself into more restful sleep.

We have a 2-part process that is: There are 5 stages of sleep, however if actually getting to sleep for you is challenging, especially when most live quite busy lives, achieving quality sleep can become quite a struggle for many. So if we can focus on the first stage of sleep, which is NREM1, then this can set the tone for the rest of your night.

Theta waves are one of the 5 electrical pulses your brain produces, associated with deep relaxation, which vibrates at a frequency of 4-8hz. Which can sound like a subtle lullaby ushering you into deep relaxation. Theta is also part of the first stage of sleep, NREM1, making this sound perfect to smoothly transition you into a beautiful night's sleep.

TECHNIQUE

- **MUSIC**

Either our guided track or select a sleep frequency track of your choice (often 432Hz).

- **BODY POSITION**

Lay with your legs elevated up the wall or headboard with your hips elevated on a pillow. Have your hips a comfortable distance away from the wall so you can relax your legs and back.

- **BREATHING***

We call this breathing technique an "inverted triangle." It is a three-part breath cycle where we inhale: retain the breath with full lungs: then exhale slowly and completely. This breath cycle can:

- *Be even in cadence - for example inhale 3: pause 3: exhale 3.*
- *Be uneven in cadence - for example inhale 3: pause 5: exhale 7.*

* Our guided track has both even and uneven triangles. If/when practicing this to your own music you can get creative with your inverted triangle cadence.

LINK FOR AUDIO TRACK 10: [HERE](#)