

B R E A T H E

Y O U R S E L F

B E T T E R

Written by Michael
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Calm your mind. Find
focus. Get stuff done.'
and founder of Breathe
Sync for iPhone.

**“TO KNOW EVEN ONE LIFE HAS
BREATHED EASIER BECAUSE YOU HAVE
LIVED. THIS IS TO HAVE SUCCEEDED.”**

Ralph Waldo Emerson

Awareness of our breath connects us to the way we move, the way we think and the way we feel. The way we breathe reflects the way we live. This booklet will give you some practical ways to breathe yourself better.

Breathing is the only system in the body that works both unconsciously and, at the same time, can be consciously controlled. You can breathe away stress. You can breathe your mind into focus. You can breathe yourself into the present moment.

And what better time to practice than Christmas?

W H Y





SAY GOODBYE TO STRESS

Stress makes us do things that don't serve us and stops us doing things that nourish us. It makes us say things we don't mean to those closest to us, and ruins the most precious of moments. Luckily you have the most advanced stress-reduction technology in the world with you whenever you need it. Not your phone. Your breath.

CALM IN THE CHAOS

Our lives are complex. At home, at work and at play everything seems to be moving faster. Phones, computers and machines that beep. Ads that shout at you from everywhere your attention moves. Our minds have never been exposed to so much stimulation. You know the feeling. Let's see if we can redress the balance.

YOU ARE AMAZING!

At the same time, we are discovering just how amazing we are as human beings. Our brains and cells are changing and adapting all the time. The world inside us is equally complex and yet can run with beautiful simplicity and harmony because, simply put, we are designed to be amazing. Pretty cool, huh?

Y O U R

B R E A T H

K N O W S

B E S T



Listen to your breath. It will tell you when you need to refocus or rest. Unlike your mind, it only has one agenda – to look after you the best it can. Turn off your phone notifications – the only notification you need is your breath. Make your breath your constant companion – it really will be your best friend forever.



H O W



BREATHE LIKE A BABY

Babies are the best breathers. They haven't learnt any bad habits yet. They use their physiology efficiently, as nature intended. So they breathe from their bellies, (it's also 20% more energy efficient). They breathe through their noses (the little hairs clean the air). They breathe out longer to calm down. Try it now:

EXERCISE 1

01.

**BREATHE IN FROM THE
BELLY THROUGH THE NOSE
TO A COUNT OF 4**

02.

**BREATHE OUT FROM THE
BELLY THROUGH THE NOSE
TO A COUNT OF 6**

03.

**REPEAT UNTIL YOU FEEL
JUST RIGHT**

NOTICE THE GAPS

The states of our mind and our breath are linked. At the end of our in and out breaths there is often a little pause. Notice it. Observe what happens in your mind. As your breath stills, so does your mind. Next time you find your mind racing, notice these gaps. Finding some mental space can help you move on more clearly.

SIMPLE ALTERNATE NOSTRIL BREATHING

Balancing the flow of the breath from one nostril to the other creates focus and a feeling of harmony. Use your right hand to open and close the nostrils, using the thumb on the right nostril and the ring finger on the left one. Sit comfortably and try it out:

Tip: fold the index and middle fingers into the palm of your hand.



EXERCISE 2

01.

**CLOSE THE RIGHT NOSTRIL
AND EXHALE THROUGH THE
LEFT TO A COUNT OF THREE**

02.

**INHALE THROUGH THE LEFT
NOSTRIL TO A COUNT OF 3**

03.

**EXHALE THROUGH THE
RIGHT NOSTRIL TO A COUNT
OF 3**

04.

**INHALE THROUGH THE
RIGHT NOSTRIL**

05.

**EXHALE THROUGH THE
LEFT NOSTRIL**

06.

**CONTINUE AS ABOVE FOR A
FEW MINUTES**

COUNTING BREATHS

Our attention spans are decreasing. We are finding it harder and harder to focus. Luckily we can regain control of our ability to focus better. Simply counting breaths can train your mind to pay more attention as well as to recover faster from distractions. Find a quiet spot and try this:

EXERCISE 3

01.

**COUNT BOTH YOUR
INHALATIONS AND
EXHALATIONS FROM
40 DOWN TO 20**

02.

**COUNT JUST YOUR
EXHALATIONS FROM
20 TO 0**

03.

**JUST FOLLOW YOUR BREATH
FOR A FEW MINUTES**

W H E N





IMAGINE A DAY OF BREATHING WELL

What would your day be like if you made every breath just a little bit better?



WHEN YOU WAKE-UP

Get up! Sit up on your bed. Take 10 deep mindful breaths from the belly.



BEFORE BED

Sit for a few minutes. Let the thoughts of the day come and go. Return to your breath. How does it feel? If you have trouble sleeping, breathe like a baby and you might also sleep like one (a good one that is).



BEFORE BREAKFAST

Sit down to eat. Close your eyes and take one deep breath being thankful for the food in front of you.



WITH FRIENDS

Give someone a big hug. Heart to heart. Hold them a little longer. Breathe with them. Really feel being with them. Look in their eyes and smile.



ON THE WAY TO WORK

Practice counting your breaths to train your attention muscle.



IN YOUR FIRST MEETING

Breathe together with your colleagues. Close your eyes and do 3 guided breaths at the same time. It will bring you closer together, and that's always good for business.



AFTERNOON TEA

Stopping is often the most productive thing you can do. Give your mind a rest. Create your own tea ceremony. Take time. Make it beautiful. And breathe...



AT LUNCHTIME

Sit down somewhere (away from your desk!), preferably outside (weather permitting). Close your eyes and eat your first mouthful slowly, savouring the flavours and textures. Now take one mindful breath with awareness.

NOW

Your life only ever exists now. In this moment. Miss it and it's gone. When you connect to your breath more you are drawn into being more present, more alive. The past is gone. The future never arrives. Breathe into now. So wherever you are, your breath is always there with you.



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**“MAKE YOUR BREATH YOUR CONSTANT
COMPANION.”**

MICHAEL TOWNSEND WILLIAMS

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