



Time to breathe

A PRACTICAL GUIDE
WITH BREATHWORK EXERCISES

melt

BRINGING AWARENESS
BACK TO THE BODY

We are all so caught up in everyday life. We keep going and going in an effort to maintain a social life, tick off all the to-do's at work, be active on social media and lots more. Time for yourself often falls off the agenda as it fills up with "doing" things.

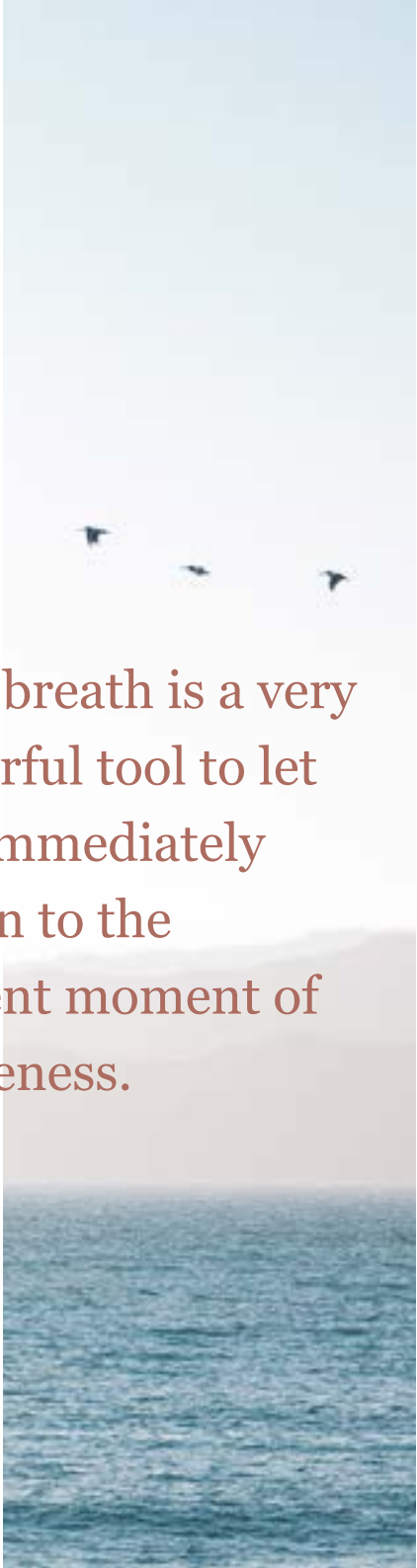
I therefore like to share with you this free e-book with three short breathing exercises to create a moment for yourself. You can do these exercises any time of the day to quickly connect to your body, calm your mind and find your balance (again).

Your breath is a very powerful tool to let you immediately return to the present moment of awareness. When breathing mindfully, you can use your breath as an object of meditation. You just follow the rhythm, feel your bodily sensations and tap into your life force energy.

And the beauty is: everyone can do it!

It's time to breathe. Wishing you a beautiful practice.

Love,
Melanie



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BREATHING EXERCISE 1

Nadi Shodhana

CHANNEL PURIFICATION

1. Choose a comfortable sitting position (either cross-legged on the floor or on a chair with your feet flat on the floor).
2. Close your right nostril with your right thumb.
3. Inhale slowly, steady and fully through your left nostril.
4. Now close the left nostril with your right index finger and open your right nostril by removing your thumb.
5. Exhale through your right nostril with a slow and steady breath.
6. Inhale through the right nostril, close it, and then exhale through the left nostril.
7. This completes one round of Nadi Shodhana. The same pattern continues for each additional round.
8. When completing your final round, breathe normally and notice your state of mind.

Note: not to be practised while suffering from colds, flu or fever

PURPOSE

Harmonizing yin and yang energies in the body and mind

WHEN

Any time of the day

QUANTITY

Start with 5 rounds and add more as you feel ready (max. 15 rounds)

LEVEL

All

BENEFITS

- Clears and releases toxins
- Brings balance to left and right hemispheres of the brain
- Reduces anxiety and stress
- Promotes clear thinking and concentration
- Helps to ground
- Decreases the excess of yang (activity) and yin (lethargy)

BREATHING EXERCISE 2

Belly Breath

CALMING DOWN

1. Lay down and place one or both hands on your lower belly. Relax your face and jaws.
2. Bring your attention to your hand(s) and breathe in and out. Feel your belly rising when breathing in and falling when you breathe out.
3. Breathe in for 5 counts and breathe out for 5 counts.
4. Repeat this for 20-25 times (appr. 5 minutes).
5. Breathe normally and feel for a moment how you feel.

Note: when your diaphragm feels tensed, this breath can be intense or frustrating. Build up slowly or reduce the rhythm to 3 or 4 counts per breath.

PURPOSE

Soothing the parasympathetic nervous system (i.e. relaxation response)

WHEN

Before going to sleep or any time of the day

QUANTITY

20-25 times (appr. 5 minutes)

LEVEL

All

BENEFITS

- Relaxes the body
- Calms the mind
- Releases and reduces muscular tension
- Helps when feeling angry or sad
- Revitalizes the body with new energy
- Improve respiratory function and massages the internal organs and glands

BREATHING EXERCISE 3

4-7-8 Breath

RELAXING BREATH

1. Choose a comfortable sitting position (either cross-legged on the floor or on a chair with your feet flat on the floor).
2. Place your tongue against the ridge of tissue just behind your upper front teeth during the whole exercise.
3. Inhale for 4 counts through your nose.
4. Hold your breath for 7 counts.
5. Exhale through your mouth for 8 counts. Make a quiet whoosh sound as you exhale.
6. This is one round, repeat for 3 more rounds.
7. Breathe normally and feel for a moment how you feel.

Note: do not practice this breath when you are pregnant

PURPOSE

Relaxation and (acute) stress-release

BEST TIME

Before going to sleep (and when waking up) or any time of the day

QUANTITY

Max. 4 rounds and twice a day

LEVEL

All

BENEFITS

- Reduces (acute) stress and tension (i.e. calms down the nervous system)
- Decreases anxiety
- Normalizes blood pressure and slows down the heart rate
- Improves digestion
- Strengthens the immune system
- Helps to fall asleep

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Want to know more about breathwork
or like to go a step further in finding
your balance?

We have a complete 1:1 program and
organize beautiful retreats in Ibiza.

TELL ME MORE

WWW.TIME-TO-MELT.COM

INFO@TIME-TO-MELT.COM

