

STATE OF MIND & BODY ↔ STATE OF BREATH

BREATHE LIKE AN ATHLETE





YOUR INTENTION

Why do you attend this Masterclass?

What would you like to discover about breath?

What questions do you have before we start?

MY INTENTION

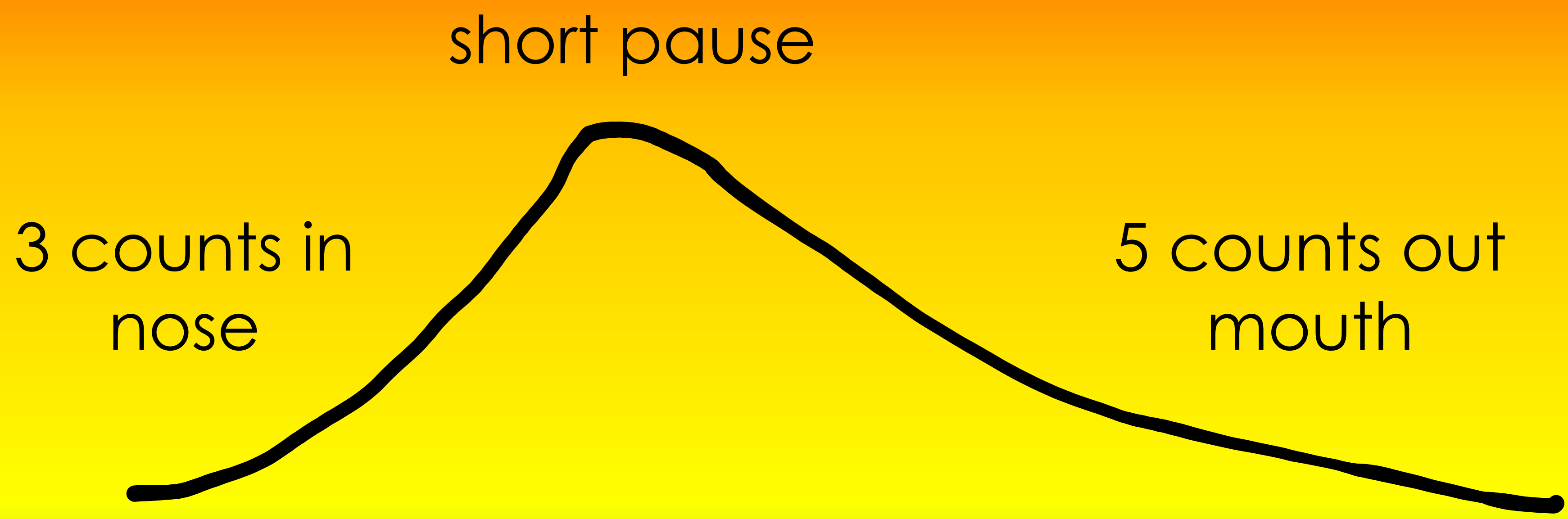
What would be beneficial to me, working at the office?

What can I do to create a better work/life balance?

How do I use breathwork in my daily life?

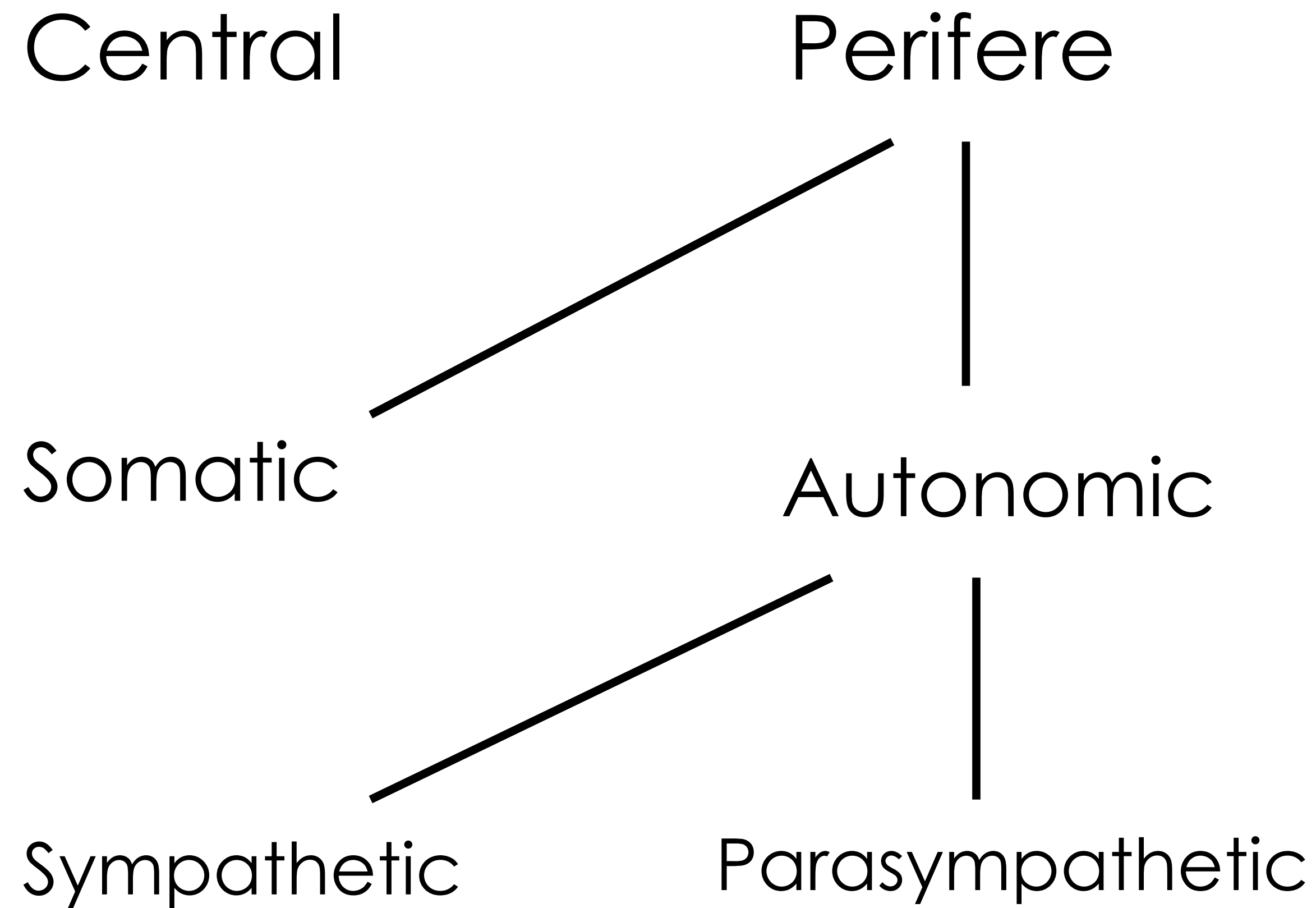


ONE BREATH BREAK FOR A QUICK RESET



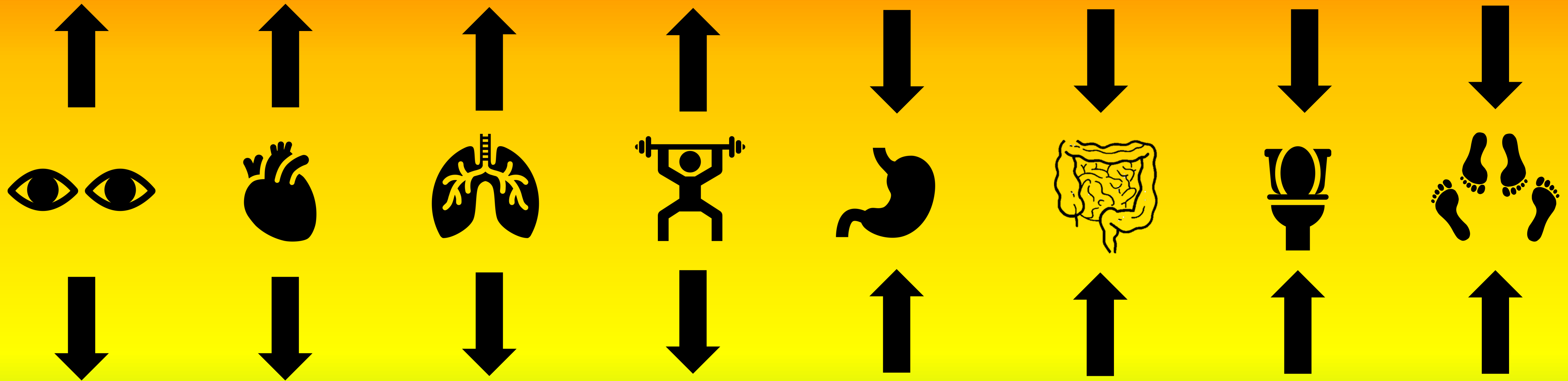
1 breath is enough to find balance / repeat as often as you like

BREATH IS THE REMOTE CONTROL FOR THE STATE OF YOUR NERVOUS SYSTEM



Action / Fight & Flight / Sympathetic / Outside the cave / Mobilize

mouth / fast / chest



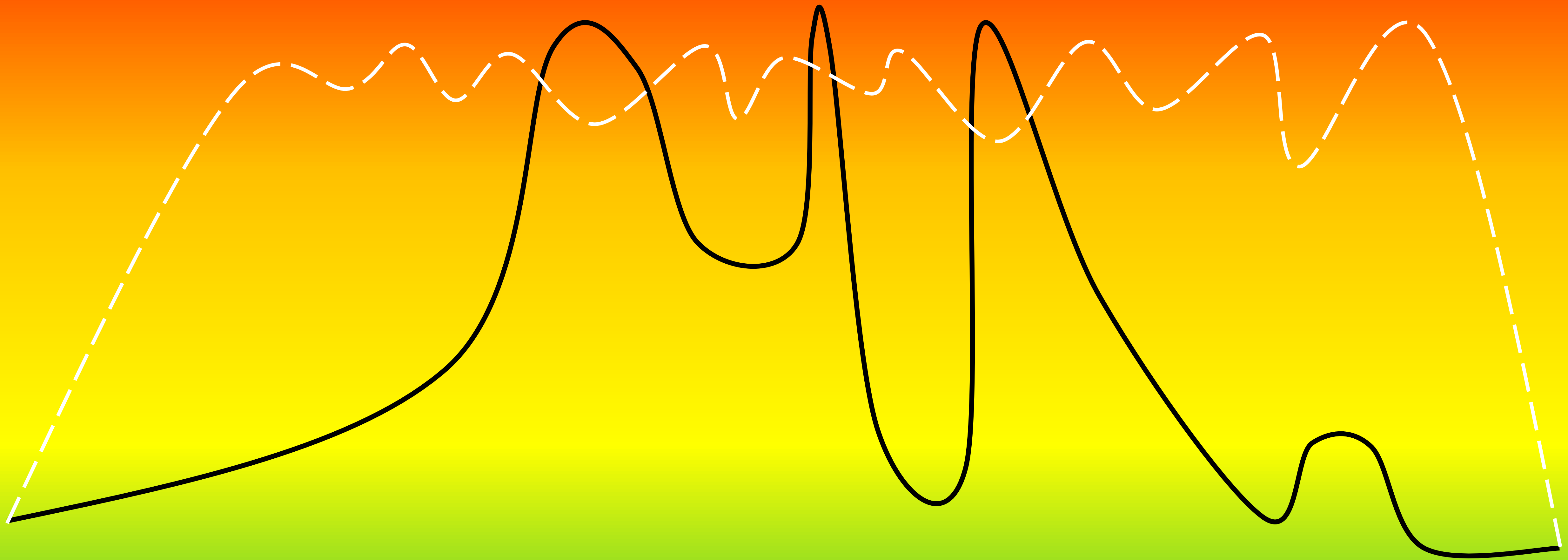
nose / slow / belly

Relax / Rest & Digest / Parasympathetic / In the cave / Social safety

Action: Fight, Flight / Sympathetic / Outside the cave / Mobilize

Relax: Rest & Digest / Parasympathetic / In the cave / Social safety

Action: Fight, Flight / Sympathetic / Outside the cave / Mobilize



Relax: Rest & Digest / Parasympathetic / In the cave / Social safety

Distress / Danger zone

Hormesis / Eustress / Grow zone

No stress / Comfort zone



EFFECTS OF BREATHWORK

1. **Physical**
2. Mental
3. Emotional
4. Energetic

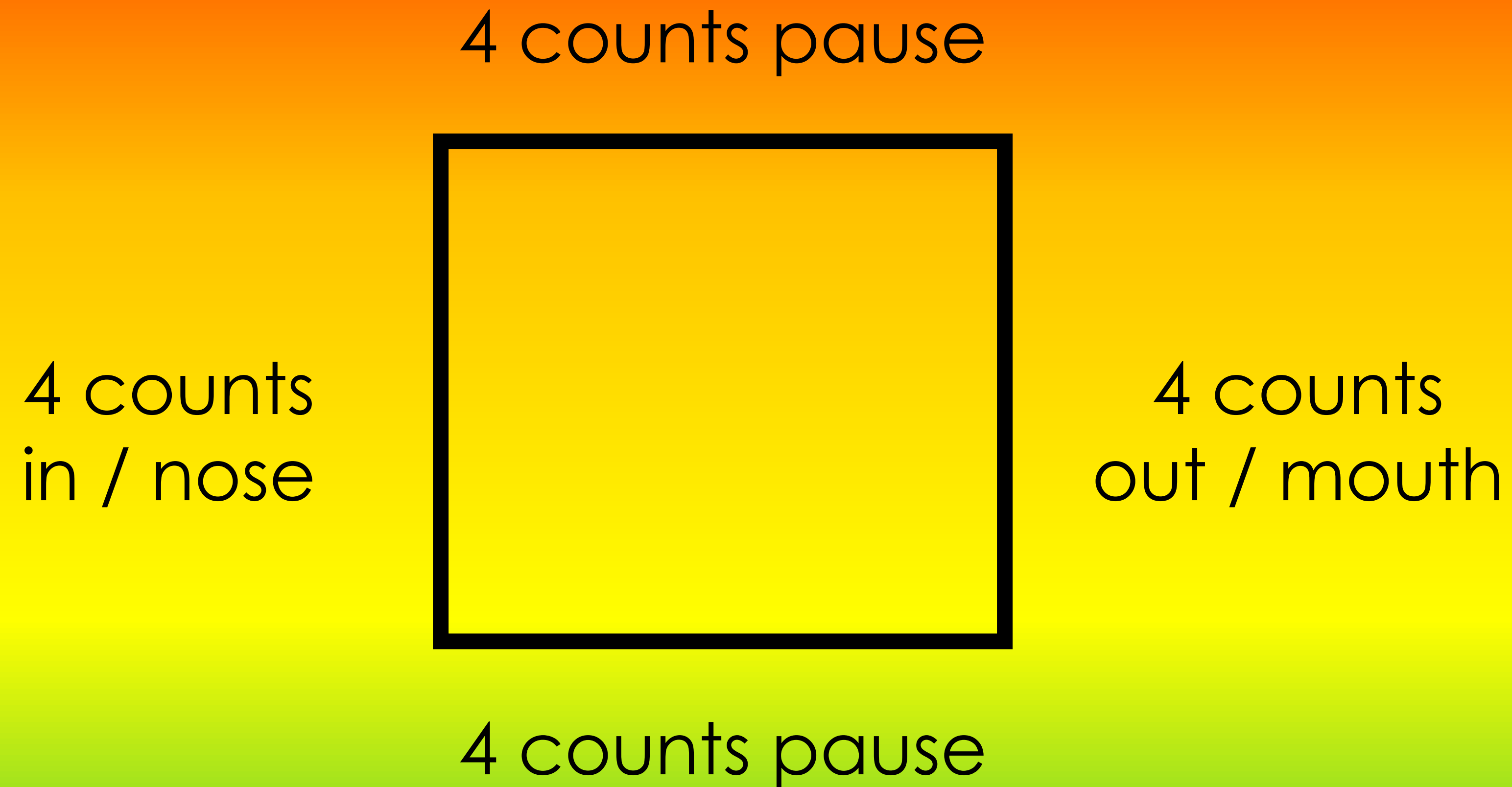
1. PHYSICAL BENEFITS

Increase your bodies capacity to perform and recover

- Connect to your body
- Boost strength in the moment
- Build endurance without training longer
- Produce more energy during the day
- Recover quickly after sports
- Recover quicker from injuries
- Boost anti-inflammation chemicals

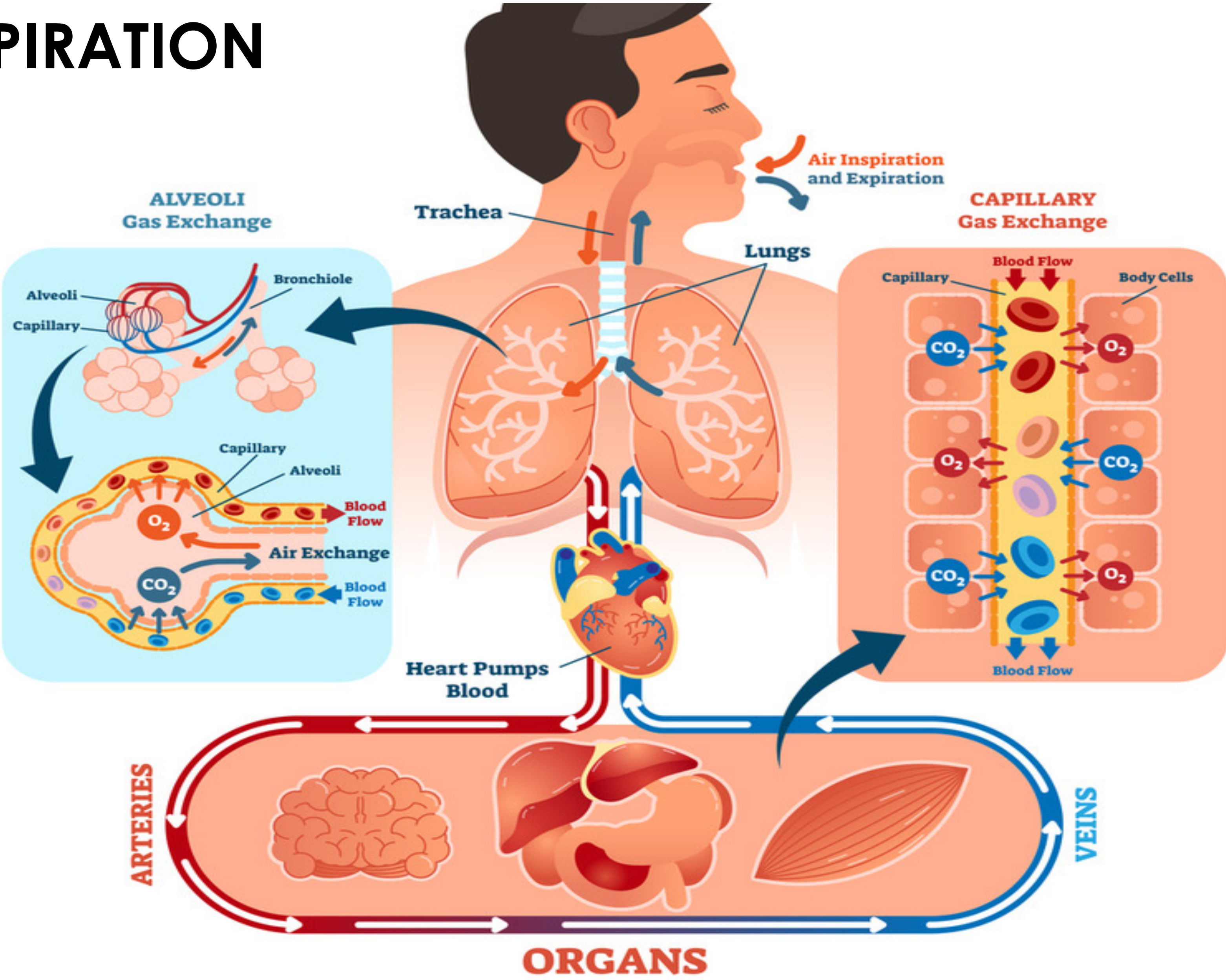


BOX BREATHING FOR QUICK RECOVERY



Repeat 6x or as often as you like

VENTILATION VS. RESPIRATION



HOW TO BREATHE FOR OPTIMAL HEALTH AND PERFORMANCE?

Filter

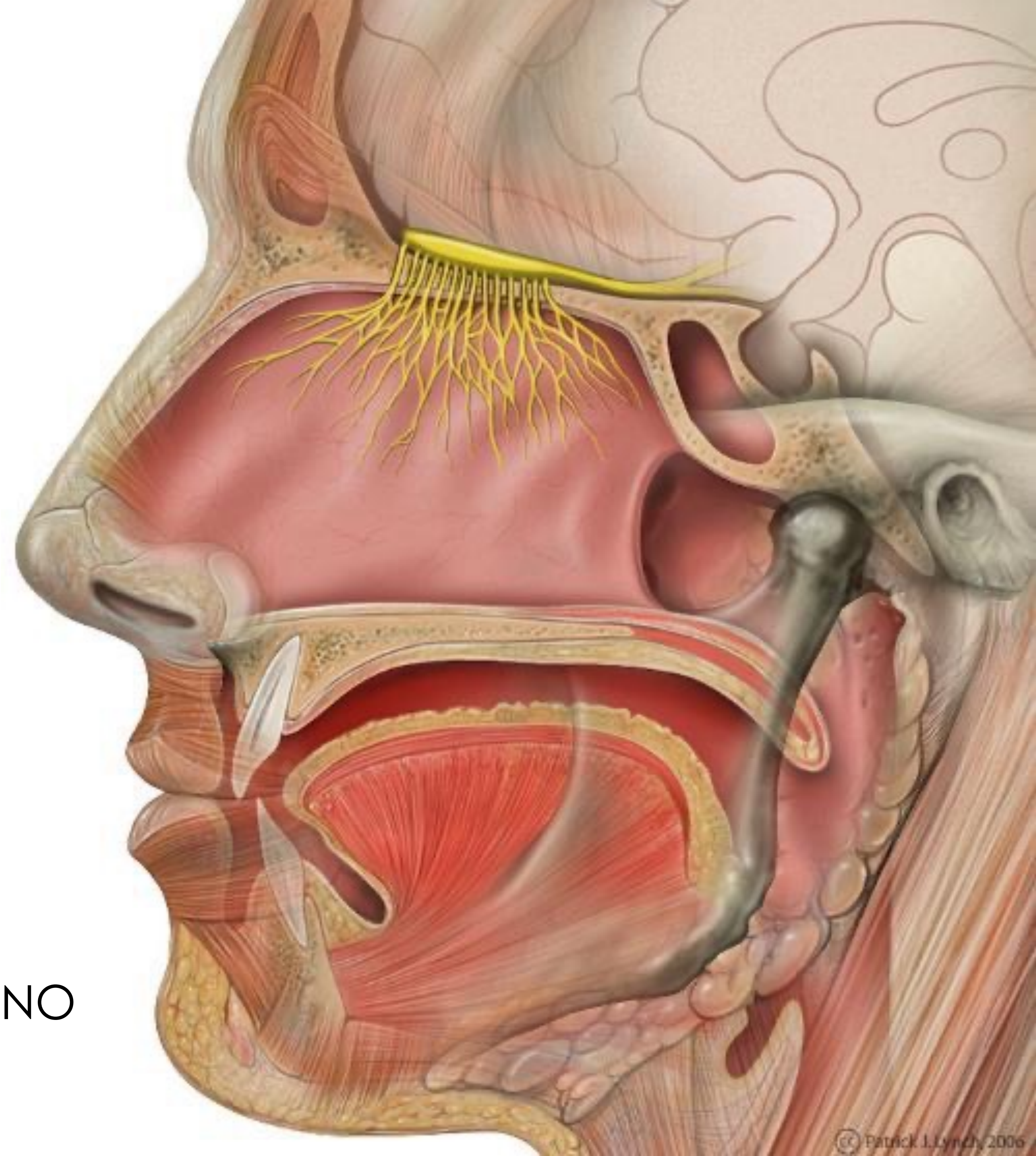
Air conditioning

Nitric oxide production

First line immune system

Direct communication with brain

1. Breathe less (frequency & depth)
2. Nose breathe, also during exercise
3. Tape your mouth when sleeping
4. Humming / chanting for increased NO



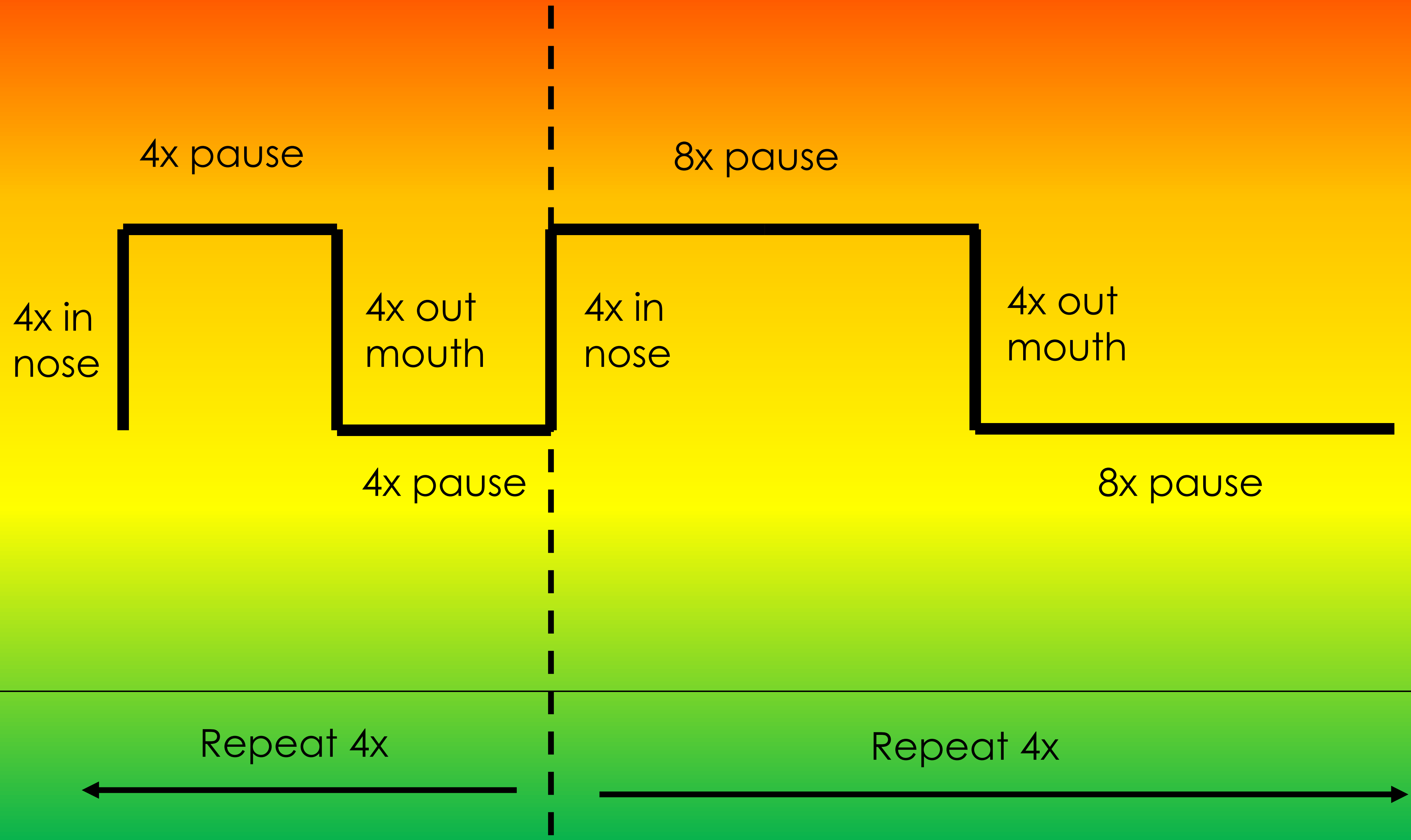
2. MENTAL BENEFITS

Increase your capacity to relax under pressure

- Stop overthinking
- Increase clarity and focus
- Make aligned decisions faster
- Lower your stress levels
- Create head space for new inspiration



FOCUS RESET FOR A CLEAR MIND



3. EMOTIONAL BENEFITS

Welcome your emotions so they don't surprise you

- Connect to your feelings
- Regulate emotional responses to triggers
- Process traumatic experiences through the nervous system instead of talking
- Finish survival reactions stored in the body
- Transform anger into creativity
- Experience aliveness within yourself
- Combine with movement to break limiting patterns and beliefs



3. ENERGETIC BENEFITS

Expand your consciousness and awareness of subtle energies

- Deepest form of meditation
- Connect to altered states of being
- No need for drugs / plant medicines
- Combine science AND your gut feeling
- Feel your purpose in life
- See the bigger picture (zoom out)



LEFT = lung
RIGHT = tree

We breathe in
What they breathe
out. And the other
way around





BACK TO YOU

How do you want to feel in daily life?

What breathing technique can you apply for that?

What is the one thing you will start with today?



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THANK YOU!