



Let's Breathe

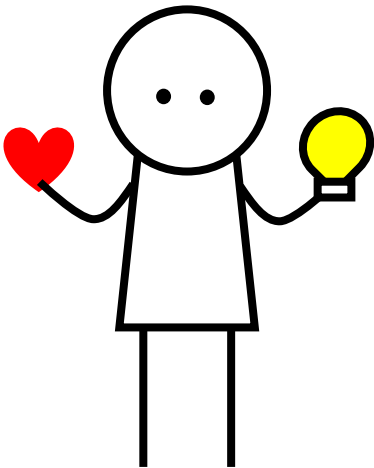


Objectives

To observe *“How aware am I of my breathing?”*

To increase our O₂ Level in our body

Understanding about what's reflected through the breath





*“When you own your breath,
Nobody can steal your peace”
~ Unknown*





How aware am I of my breathing?

#1





How to increase my O2 level?

#2





How to increase my O2 level?

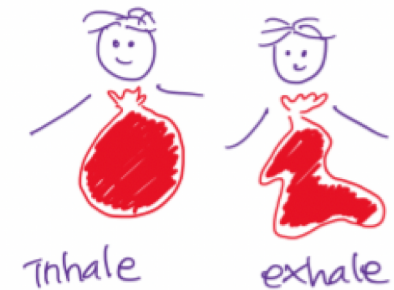
#2



Light

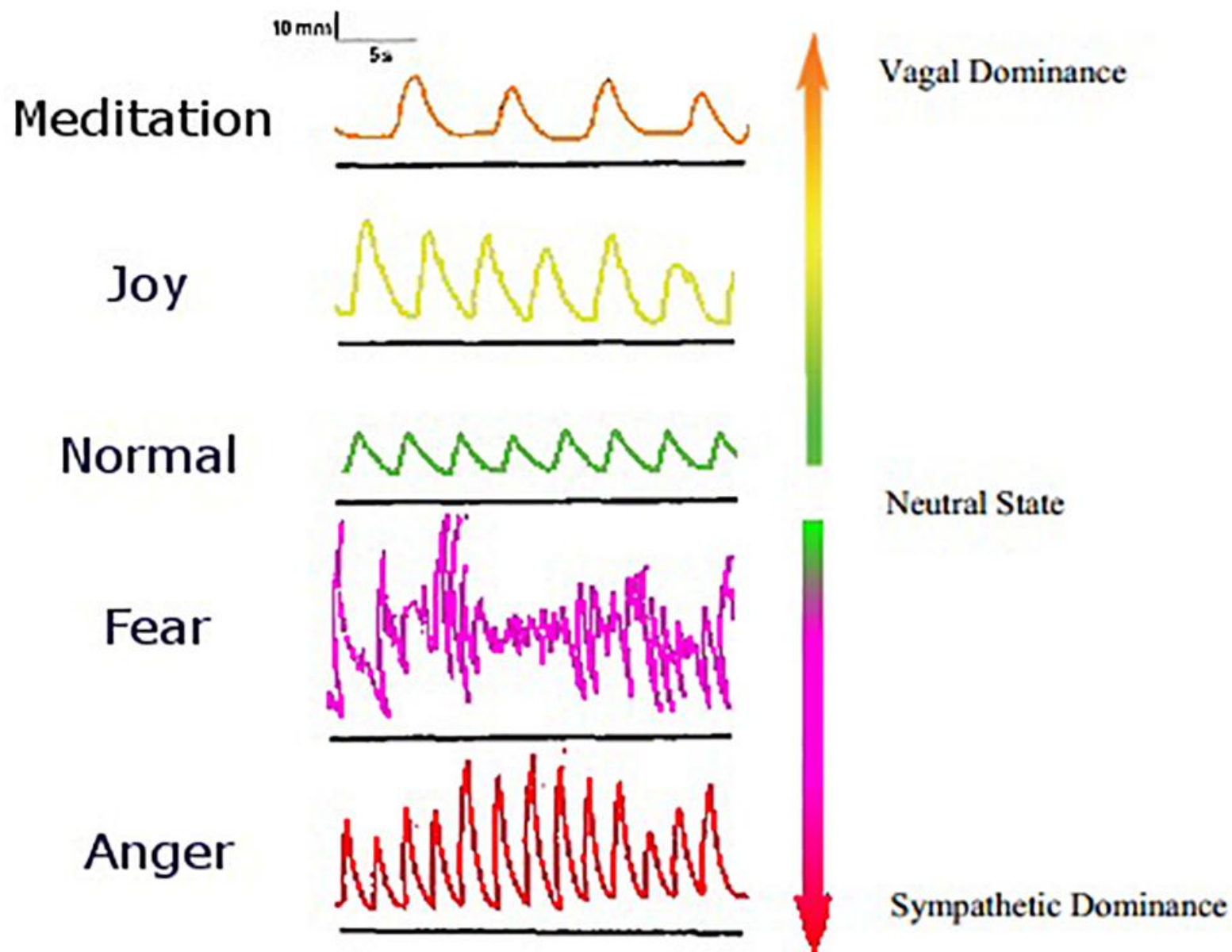


Slow



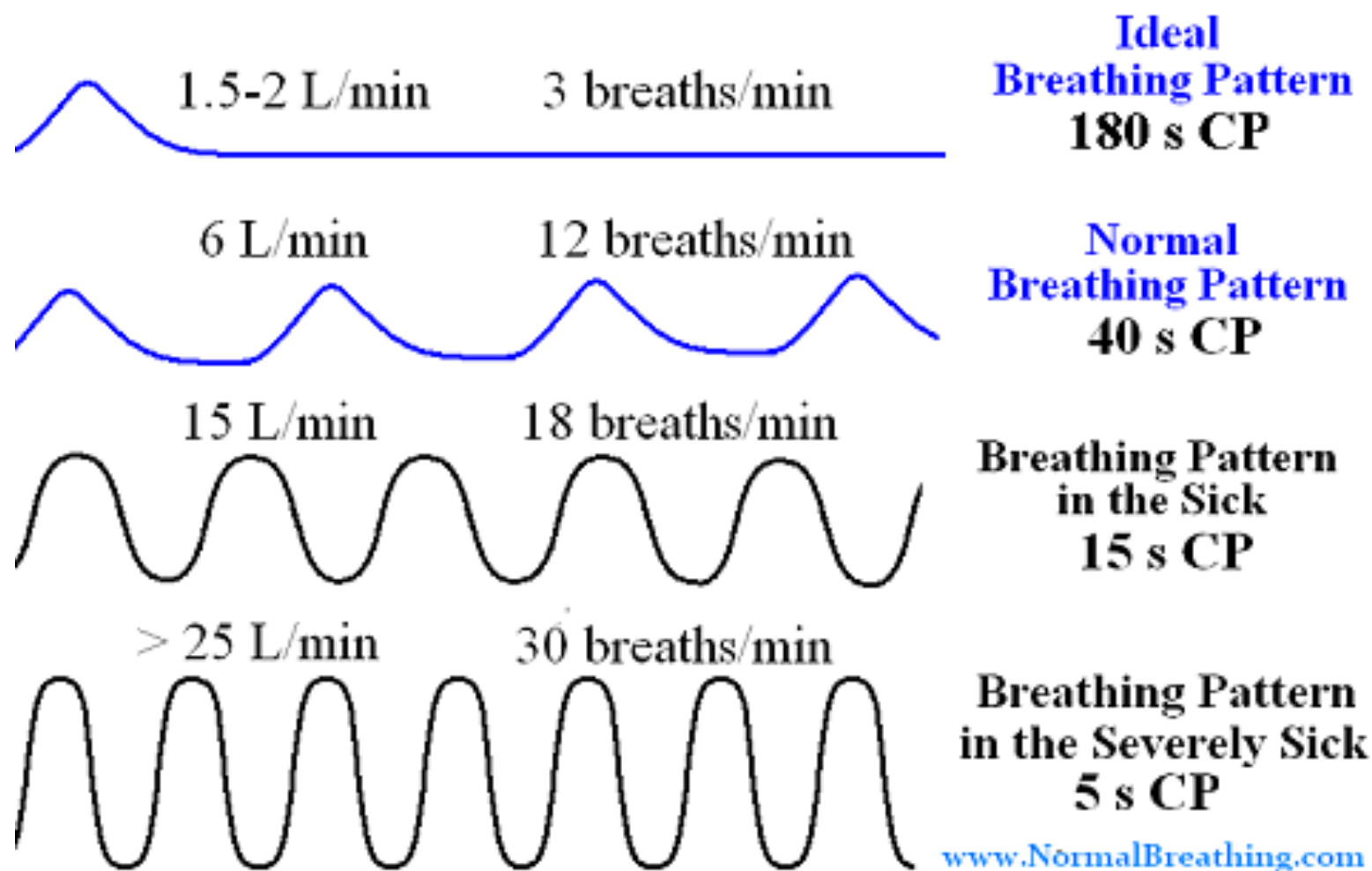
Deep

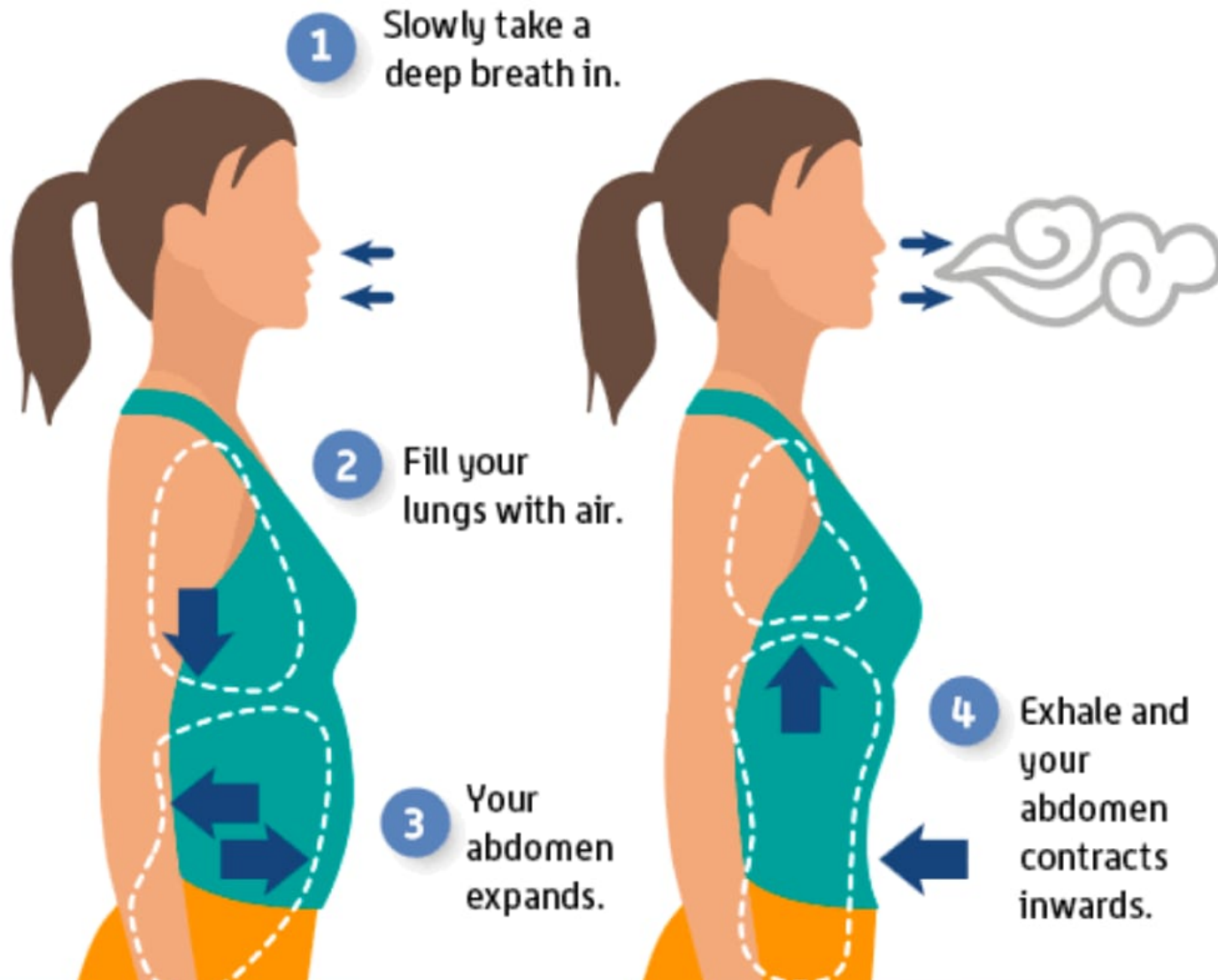






Breathing patterns and body oxygenation



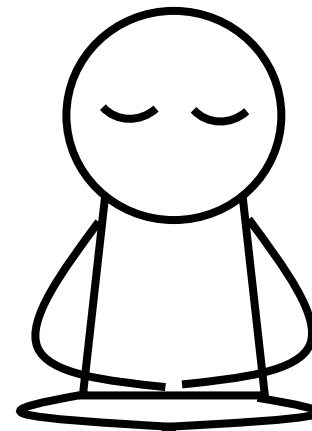
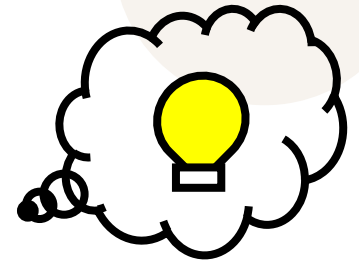


Do it 10 times x 5 times a day



How does my breath represent me?

#3

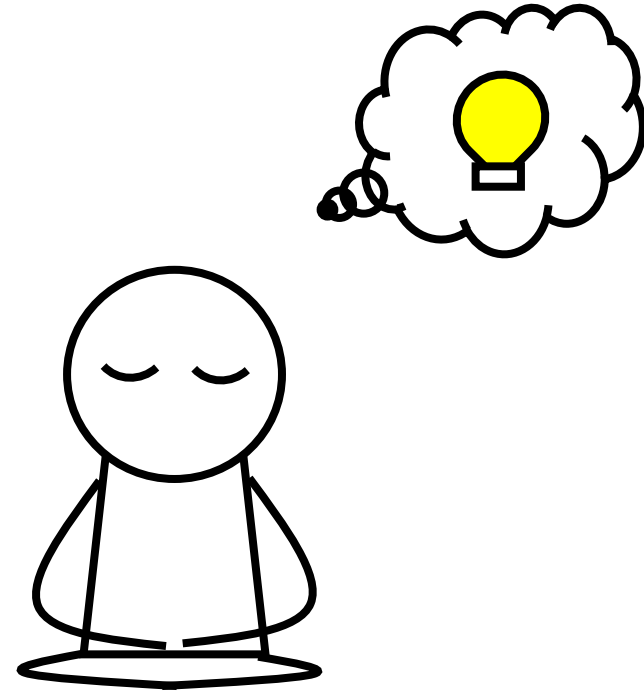




How aware am I of
my breathing?

How to increase
my O2 level?

How does my breath
represent me?





Breathing

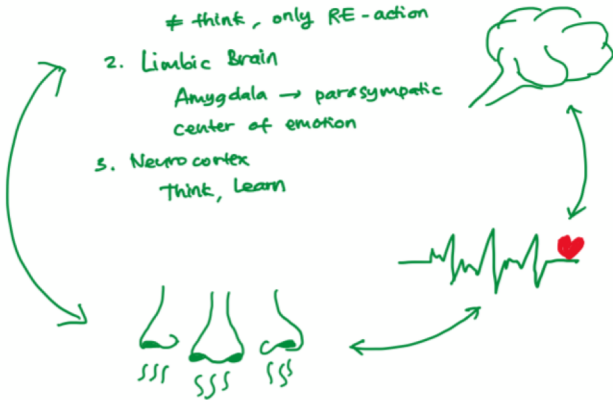


Objectives

1. To observe "How aware am I of my breathing?"
2. To know how to increase our O₂ level in our body.
3. Understanding what's reflected through our breath

How aware am I of my breathing?

1. Reptile Brain
Control body's vital function
≠ think, only RE-action
2. Limbic Brain
Amygdala → parasympathetic
center of emotion
3. Neuro cortex
Think, Learn



How to Increase O₂ in our body?



LIGHT

50% volume

↳ to balance O₂ & CO₂
to avoid hyperventilation



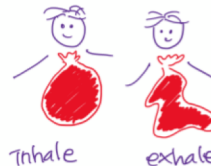
SLOW

< 15 times / minutes

Perfect : 5-6 times / minutes

Exercise: 4 inhale || Easy Breath Hold
6 exhale || The Control Pause

DEEP BREATHING



How does your breath represent you?