



tiger & turtle

✦
MIND AND BODY
WELLNESS

101 Breathwork Toolbox

Let go & fly high!

TIGER & TURTLE

Disclaimer

The information given in this book should not be treated as a substitute for the advice of a qualified medical professional, who should always be consulted before beginning any new health program.

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Hello Tigers & Turtles,

Thank you for taking the time to invest into your mental and physical health using scientifically proven Breathwork.

At Tiger & Tiger, our mission is to use the power of breath to inspire an inner journey of discovery, improving health and wellbeing.

Want to breathe right away with me? [Here is your mini-session.](#)

Your toolbox contains:

- Definition of Breathwork
- Breath Analysis
- Most important Breath Protocols



what is Breathwork?

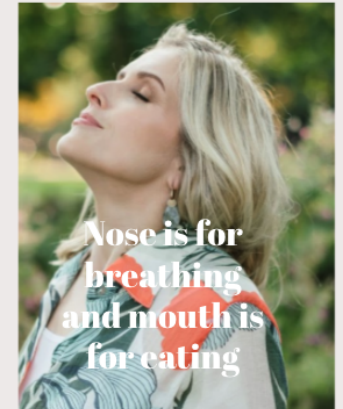
- ◆ Breathwork is like a remote control to change the state of your nervous system. By using specific breath adaptations you are influencing your mental and physical state.



Most important for good breathing

NOSE

- Focus on nose breathing whenever possible
- Unblock your nose to allow nose breathing
- Focus on nasal breathing during the day, sleep and workout, starting with daytime nasal routine
- Use taping to engage nose breathing at night

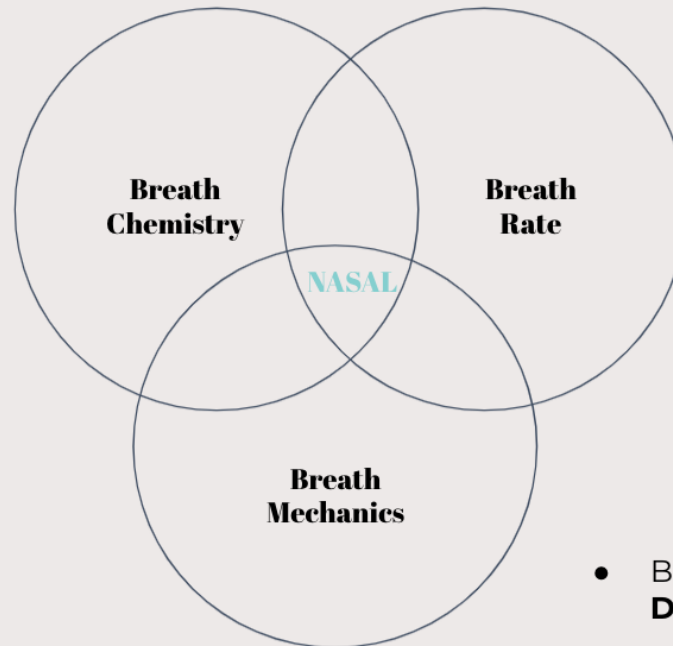


goal

- Increase your immunity and lower stress
- Slow your breathing rate

Basics of Functional Breathing: LSD

- Breathe **Light**



- Breathe **Slow**

- Breathe **Deep**

Source: Patrick McKeown, The breathing cure

Remember:
Breathe as if
you are
unimpressed!

Be aware aware of
your posture
& lifestyle!

The impact of breathwork

- ◆ Brain Waves & emotional states
- ◆ Hormonal system
- ◆ Heart rate & HRV
- ◆ Blood pressure
- ◆ Respiratory system
- ◆ Digestive system
- ◆ Cardiovascular system
- ◆ Immune system

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test: are you breathing right?

Breath frequency

- Sit or lay down with your timer to 1 min
- Breath in and out normally



GOAL : decrease # of breaths per minute

CO₂ Tolerance

- 3 x normal inhale & exhale at 50%
- Nasal exhale as long as possible
- Count until you stop or inhale



GOAL : exhale as long as possible

Breath Muscles

- Stand or sit breathing normally
 - is mainly your upper chest moving?
- Take a short video of your normal breathing



GOAL : observing your breathing mechanics and activating diaphragmatic breathing

**YOUR BREATHWORK PROTOCOLS
TO MASTER YOUR STATE**

Breathwork for sleep: 4 - 7 - 8

“Practising a regular, mindful breathing exercise can be calming and energising and can even help with stress-related health problems ranging from panic attacks to digestive disorders.” Andrew Weil, M.D.

To do dr Andrew Weil’s breathwork exercise,

- breathe in for 4 counts,
- hold for 7 counts, and
- breathe out for 8 counts.
- Repeat this for 4 rounds.



Box breathing for calm and focus

Box Breathing is super effective for adults and children alike and a powerful stress reliever. Box breathing lowers the heart rate, calms down the mind and improves concentration.

To do this breathwork exercise,

- empty your lungs to the count of 4.
- Hold your breath for the count of 4.
- Inhale for a count of 4 and
- hold your breath for another count of 4.
- Repeat 5 - 8 times.



Breathwork for creative flow & focus

If you need a burst of energy to get your creative juices flowing, try intense breathing through your mouth. Generally speaking fast mouth breathing is rather activating while slow belly breath is calming.

To get your creative juices flowing again after a creative block, try the following breathwork technique:

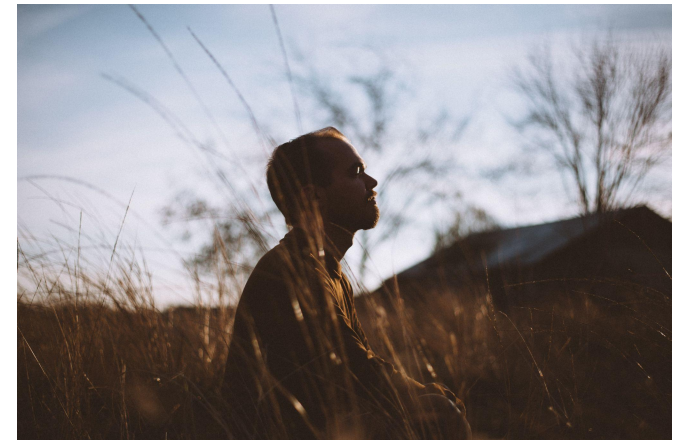
- Take five big, fast full mouth breaths, holding it in for 1 – 2 seconds every time and then exhaling through your mouth again.
- If you feel light-headed, take a short break and continue with another 5 – 10 big and full mouth breaths, expanding your collarbone.
- You can do this exercise for up to 60 breaths and then go back to normal nose breathing



Coherent Breathing: de-stressing, lower depression and anxiety

This is one of the most effective techniques out there to calm down and recharge. The goal is to breathe at a rate of five breaths per minutes, equalling inhaling and exhaling to the count of 6. If you are just getting started you can also inhale to the count of 4 and exhale to the count of 8 or slowly build it up starting with inhaling and exhaling to the count of 3.

1. Place hands on the belly while sitting or lying down.
2. Slowly breathe in, belly expanding, to the count of five.
3. Small pause.
4. Slowly breathe out to the count of six.
5. Try to do this practice for 10 to 20 minutes a day.



Breath of Fire for new energy or preparation of cold shower

Breath of Fire is an upregulating breath exercise, e.g. to prepare you for a cold shower.

- Inhale easily through the nose, deep into the belly.
- Exhale in a fast & forceful way through the nose - keeping shoulders, chest, head and neck still.
- You can keep your hand on your belly to feel a contraction of the abdominal muscles while exhaling.

Physiological Sigh - quickest distress

The fastest way to distress is the so-called “physiological sigh” researched by Stanford. This is how it works:

- two inhales through the nose
- followed by an extended exhale through the mouth.

Neurobiologist Andrew Huberman, PhD from Stanford explains how it works: "You have little sacks of air in the lungs, which increase the volume of air that you can bring in. Those sacks collapse over time, and as a result, oxygen levels start to go down and carbon dioxide levels go up in the bloodstream and body, and that is a big part of the signalling of the stress response." He explains that the double inhale "pops" the air sacks (called alveoli) open, allowing oxygen in and enabling you to offload carbon dioxide in the long exhaled sigh out.

Nose unblocking

This is a magical breath to unblock your nose - no nasal sprays needed.

How it works:

1. Inhale deeply through nose and exhale it out
2. Pinch your nose & hold your breath. At the same time start moving your head to right, left, forward and back a few times.
3. Repeat about 4 times and see if your nose is unblocked.
Usually it's unblocked after about 4 times, but sometimes you might need to repeat a few more times.

Tiger & Turtle breath for getting into the flow & destressing

This is our signature breathwork to balance the autonomic nervous system, alkalize the blood, increase HRV and lower heart rate. It releases serotonin and dopamine and activates the vagus nerve. It also allows you to tap into your intuition.

How it works:

1. Come to sit or lay down spending 3 - 5 minutes on observing and calming your breathing by adapting a 6 in, 6 out breathing rhythm.
2. Breathe in to the count of 2 and out to the count of 4 for 30 - 40 times followed by a breathhold on the exhalation for about 45 seconds and then a breathhold on the top of the inhalation in combination with activating the pelvic floor muscles.
3. Repeat about 4 - 5 times, increasing breath hold time as well as respiration speed with every breathing cycle. E.g. cycle 3: breathe in and out to the count of 2 or 4 for 30 - 40 times followed by a 1,5 minute breath hold on the exhale.

P.S. Never do this practice in the water.

Bouncing breath for new energy (learned from Kasper van der Meulen)

- Gently bounce on your toes with your heels slightly touching the floor each time.
- When your heel touches the floor, let the breath “fall” out of you unforced, when you come back up you will naturally inhale.
- Do this only for 30-60 seconds and watch for dizziness.
- For the 3:1 variation, do 3 nasal inhales and one mouth exhale.

For mental focus before performance

Box Breathing (see above) or
Alternate Nostril Breathing:

- Sit in a comfortable position with your legs crossed. Place your left hand on your left knee.
- Lift your right hand up toward your nose.
- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side.
- This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.

Activation of the diaphragm - for improving breath mechanics

- Lay on your belly in cobra pose breathing in and out slowly focusing on activating the diaphragm
- Alternatively using a weight e.g. by placing a heavy book on your belly and breathe in and out slowly and consciously into your diaphragm.

Breathwork for increasing CO2 Tolerance

- Breathwork exercises with breath holds such as Slo-Mo Breath (11 min) or Buteyko Advance on Inward Breathwork

- Breathhold walks:
 - breathe slowly and gently through nose while walking
 - hold your breath until you experience medium air hunger
 - Come back to normal breathing for approx. 1 min
 - Repeat 5 to 10 times

Pls note: breath hold time should increase over time. Regularly measure your CO2 tolerance again to observe progress.

Breathwork for Nitric Oxide boost (Immune strengthening breathing during covid-19 and beyond)

Nasal breathing as well as humming and controlled breath holding is responsible for the release of nitric oxide, which acts as the first line of defence against viruses, pathogens and bacteria.

Nasal breathing is also related to a parasympathetic response of the autonomic nervous system. Nasal breathing in combination with humming and extended exhalations has a calming effect in combination with increased Nitric Oxide release.

Humming bee breath:

- Sit up straight with closed eyes and start to observe your breath and sensations within.
- Place your index fingers on your ears, onto the cartilage between your cheek and ear.
- Take a deep breath in and as you breathe out, gently press the cartilage.
You can keep the cartilage pressed or press it in and out with your fingers while creating a humming sound (like a bee). The more high-pitched the better.
- Breathe in again and continue the same pattern 3-4 times.

BREATHWORK FOR DIGESTION

If you cannot go to the restroom you are not in a parasympathetic state - you will need to help your body to tap into rest & digest.

Your body is still in fight or flight and has switched off the digestive function which is not considered crucial in fight or flight. So switch to deep and calm breathing e.g. by using box breathing (see link below) Before you eat a big meal, taking deep breaths while allowing your abdomen to expand is also helpful. Inhale through your nose for six seconds and then exhale gently for six seconds.

Before you have a meal, give yourself a short break to calm down - this will not only help you to enjoy your meal more but also to have a more efficient digestive process.

Quick calm down: <https://www.youtube.com/watch?v=to9sG4kW1sM>

SAUNA BREATH

There are different types of breathwork protocols you can use to be able to relax more in the sauna and increase the benefits of detoxification and de-stressing.

Always focus on nose-breathing in the sauna.

Options:

- Box Breath
- Coherent Breathing - 6 in and 6 out all through nose or do 10 min Tiger & Turtle Healing Breath
- any other down-regulative breathwork with the option to add smaller breathholds

Breathwork for Cold Preparation

Do breathwork before cold training to prepare for the cold.

Use cold showers and/or ice baths to:

- increase stress resilience and
- improve immune function
- improve mood & focus

How to get started:

Try to stay as long until your breath regulates back to normal (“unimpressed”). Breathe slowly and diaphragmatically. Try to stay as long in the cold shower as you need to down regulate your breathing, which means to come back to a normal & calm breathing after the initial cold stressor. This will be longer in the beginning.

When you begin your training, you can start with a warm shower and then turn the knob to cold for 30 seconds minimum. If you have mastered 30 seconds, try 1 minute the next week and build it up to 3 minutes over time.

cold shower protocol

BEFORE SHOWER

- Breathing in beats a few rounds, e.g. 2 in - 2 out / 4 in - 4 out / 6 in - 6 out
- 20 - 30 x breath of fire (see below for explanation)

IN SHOWER

- slow and focused in and out through nose for the length of cold shower

AFTER

- 10 x breath of fire
- 5 - 10 rounds 4 in - 6 out

Breath of Fire (e.g. to prepare for cold):

- Inhale easily through the nose, deep into the belly.
- Exhale in a fast & forceful way through the nose - keeping shoulders, chest, head and neck still.
- You can keep your hand on your belly to feel a contraction of the abdominal muscles while exhaling.

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Kids

Helping your kids to steer their state



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SLEEPY BREATH - FALLING ASLEEP MADE EASY

How to:

Get comfortable and start breathing slowly.

Notice your belly and chest rising with every inhalation and sinking down with exhalation.

Inhale to the count of 3.

Exhale to the count of 4.

Inhale to the count of 3.

Exhale to the count of 4.

Repeat up to 10 times.

If 3in / 4out breath is too hard, you can also inhale to the count of 1 and exhale to the count of 2. It's important to make the exhale longer than the inhale.

For younger kids: If my 4 year old is having a hard moment we also like to just take a deep breath in and a big sigh out and then observe together if the emotion or feeling is different afterwards. You can also use a feather which the kid tries to blow away with the breath.

LION BREATH (also great for kids to let go off tension)

Use this breath to release tension and get your blood flowing.

How to do it:

- Sit comfortable in a cross seat or on a chair with a nice long spine
- Take a deep breath in through your nose
- Open your eyes and mouth wide while sticking your tongue out and exhale through the open mouth
- Make a wild Lion exhalation sound

Breathwork Playlists

Use those playlists for your breathwork practice.

Click those links to dive into your own breathwork session:

- Down regulative Breathwork: <https://spoti.fi/3BpKGEh>
- Upregulatory Music: <https://spoti.fi/3oW8Lxs>
- Breath Meditation: <https://spoti.fi/2TcPzik>

Tools & Gadgets & Apps

Check out those devices to improve your breathwork practice:


- Tracking Oxygen levels: Pulse Oxymeter - see huge selection on Amazon
- Improve breathing muscles for athletic performance: Airo Fit - Breathing Trainer
- Retraining for nose breathing: Myotape
- Sleep, Respiration Rate & Heart Rate monitor : Oura Ring
- Regular Breathwork Routine - daily sessions: Inward Breathwork



for more information, please contact Johanna Lehmann



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