



Energy Management

Breathwork is the act of breathing with intention and attention, transforming what is an autonomic function to a profound tool for sustainable physical and mental wellbeing. It is the foundation of resilience and a catalyst for change.

Breath Awareness

Choose an anchor of awareness e.g., the sensation of breath at the tip of the nose or the rise and fall of the belly. Keep the attention on the point of focus with relaxed attention. Observe thoughts and sensations as they arise with non-judgement and keep returning to the point of focus of the breath.

Balanced Breathing

Inhale for 5 seconds through the nose.
Exhale for 5 seconds through nose.
Focus on inhaling from your naval, expanding your abdomen gently to the front and sides. Never overdo the inhale. Do this for 5 minutes, 3 times a day to build resilience.

Square Breath

Breathe in through the nose while slowly counting to 4
Pause the breath gently while counting slowly to 4 (without holding tension)
Slowly exhale for a count of 4
After the exhale, suspend the breath for another count of 4
Repeat steps 1 to 4 at least three times.
Ideally, repeat the three steps for 4 minutes, or until calm returns.

Grounded Breath

Take two breaths in through the nose
Hold for a count of 3
Exhale very slowly through the mouth as you relax the back of the neck and shoulders.
Repeat x 3