

Science-Backed Breathwork Guide

Four pranayama techniques for calm, focus, and daily balance

01

Physiological Sigh

1-3 ROUNDS

- Inhale deeply through the nose.
- Take a second short inhale to fully expand the lungs.
- Exhale slowly and completely through the mouth.

BEST FOR: *Acute stress & overwhelm*

02

Coherent Breathing

5 MINUTES

- Inhale smoothly through the nose for 5 seconds.
- Exhale gently through the nose for 5 seconds.
- Repeat — aim for ~6 breaths per minute.

BEST FOR: *Morning or evening calm*

03

Box Breathing

5-10 ROUNDS

- Inhale for 4 seconds.
- Hold full for 4 seconds.
- Exhale for 4 seconds.
- Hold empty for 4 seconds.

BEST FOR: *Before work or meetings*

04

Alternate Nostril Breathing

3-5 MINUTES

- Close right nostril; inhale through the left.
- Switch; exhale through the right.
- Inhale through the right.
- Switch; exhale through the left. Repeat.

BEST FOR: *Balance & concentration*

DAILY ROUTINE

Morning

5 min Coherent Breathing

Midday

3x Physiological Sigh

Pre-Focus

5x Box Breathing

Evening

3 min Alternate Nostril