

# Interval Breath Training

By Teja Bell

- Use the **interval breath training audio files**.
- Connect these audio files to your devices or computer.
- The recommended progression of practice is below.
- Always use your best discretion.
- Working slowly and systematically yields the best results.
- Remember that the shorter intervals are not the *lesser* intervals, but a different and important type of practice.

Use the **interval breath training** for developing and cultivating breath.

This practice can:

- Settle and Calm your nervous system and center emotions
- Enhance health and longevity
- Improve physiological and anatomical aspects of breathing
- Naturally improve mental clarity, focus and attention
- Develop *expansive* rather than contractive quality of concentration
- Support optimal functioning of the immune and autonomic nervous systems
- Provide essential 'conscious rest' of mind and body

## The recommended progression of practice:

1. Begin with a 5 second interval pattern.
2. Practice once or twice daily, for a week – consistency is important.
3. Make note of your experience. A few words in a practice journal is great.
4. Don't strain or stress at any time. If at any point the practice becomes difficulty or tension arises, simply stop and rest. Return to the practice when it feels right. Develop slowly – you will make faster progress this way 😊
5. After practicing for a week, go on to the next level interval pattern.
  - Use the same process as above.
6. If you have the time, you can practice the 5 into the 6-second interval, then the 6 into 7, etc. (later, link 3 or 4 segments together)
7. When your practice is completed, return to normal natural breathing
8. Continue this process up to the 9-second interval. Then email and let's check in before proceeding. Important!
9. The purpose is natural and mindful breathing integration. This will positively impact every part of your life. Enjoy!