



## **BUTEYKO BREATHING TECHNIQUE**

Buteyko breathing is a breathing technique that can help you develop slower, deeper breaths. Here are some steps for practicing Buteyko breathing:

### **1. Sit Upright**

Sit on a chair or the floor with your spine upright and relaxed.

### **2. Breathe Normally**

Breathe normally for a few minutes to relax your muscles.

### **3. Control Pause**

Exhale slowly, then hold your breath while plugging your nose with your thumb and index finger. Hold your breath until you feel the urge to breathe, then inhale normally for at least 10 seconds. Repeat several times.

### **4. Maximum Pause**

Exhale slowly, then hold your breath while plugging your nose with your thumb and index finger. Hold your breath for as long as possible, aiming to hold it twice as long as the control pause. When you feel moderate discomfort, inhale normally for at least 10 seconds. Repeat several times.

### **5. Repeat Control Pause**

Exhale slowly, and then hold that breath. Use the index finger and thumb to plug the nose. Hold that breath until you feel the urge to breathe, and then inhale. You might notice the diaphragm to move involuntarily during this part.

### **6. Return to Breath**

Breathe normally for at least 10 seconds.