



Breathwork and QiGong

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Bolts of Love

Why Breathwork?

1. **Stress Reduction:** Breathwork helps calm the mind and body, moving you out of the "fight-or-flight" mode.
2. **Improved Mood:** It can boost mood and reduce anxiety.
3. **Lower Blood Pressure:** Certain techniques may help decrease high blood pressure.
4. **Enhanced Relaxation:** Deep breathing techniques deepen relaxation.
5. **Better Focus and Memory:** Breathwork can improve alertness and focus.
6. **Increased Heart Rate Variability:** This metric is associated with longevity, fitness, and mental health.
7. **Creativity:** Some practices promote creativity.
8. **Quality Sleep:** Breathwork may contribute to better sleep quality



Pursed Lip Breathing

- Inhale slowly through your nose for 2 counts.
- Pucker your lips as if you're going to whistle.
- Exhale slowly through pursed lips for a count of 4.
- Repeat 4 to 5 times



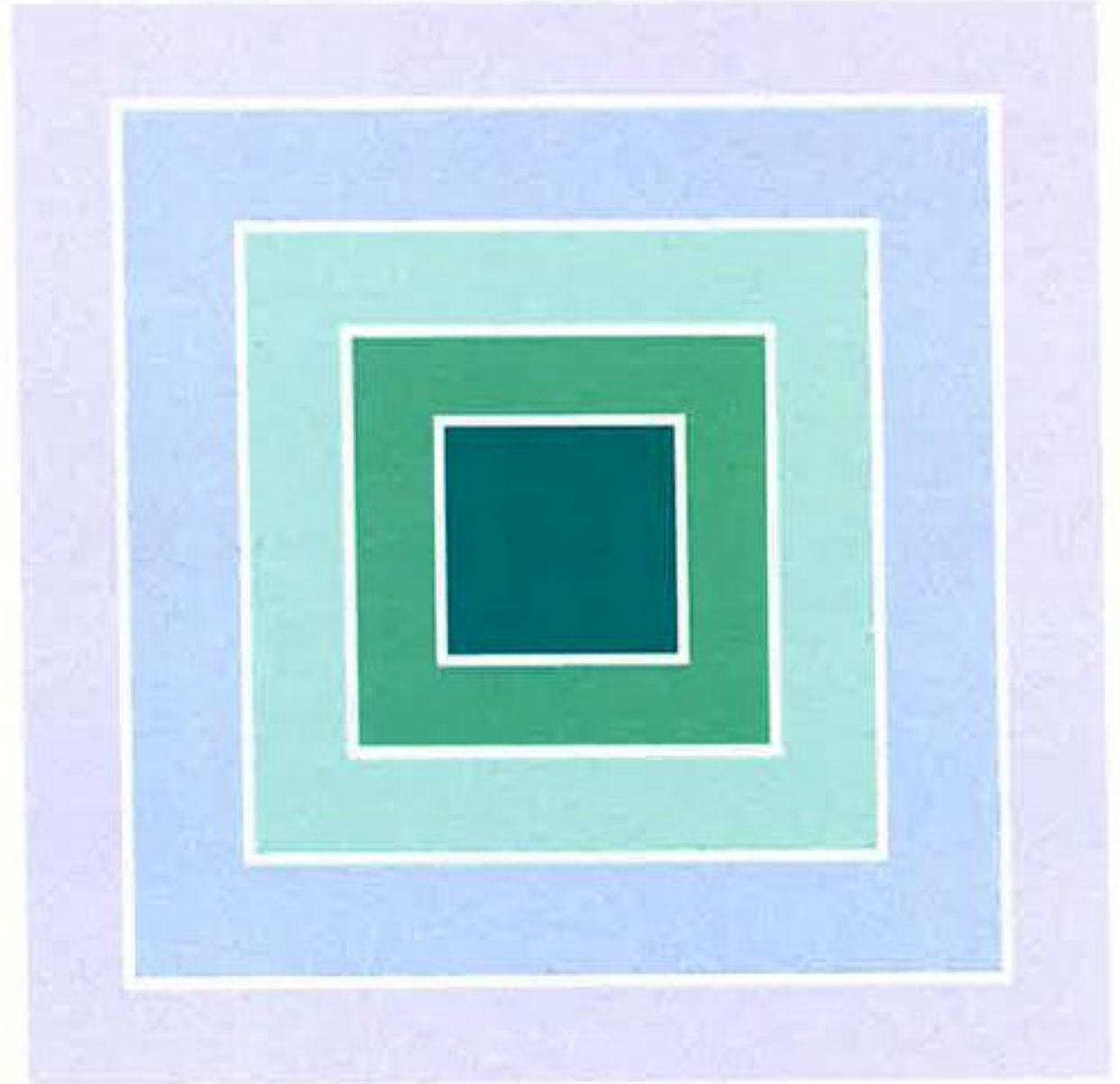
Diaphragmatic Breathing (Belly Breathing):

- Lie on your back with your knees slightly bent. OR Sit with feet on the floor and back straight
- Place one hand on your upper chest and the other below your rib cage.
- Inhale through your nose, feeling your stomach rise.
- Exhale using pursed lips, tightening abdominal muscles.
- Practice for 5 to 10 minutes, 3 to 4 times daily



Equal Breathing/Square Breathing

- Inhale and exhale for the same duration (e.g., 4 counts each).
- Modify by pausing breath for four in between inhale and exhale
- Helps balance the nervous system and calm the mind.



Activation of the Parasympathetic Nervous System:

- Breathwork involves intentional manipulation of your breathing pattern.
- By doing so, you significantly influence your body's autonomic nervous system.
- The parasympathetic nervous system (often called the "rest-and-digest" system) relaxes your body after periods of stress or danger.
- Slow, deep breathing activates the parasympathetic nervous system, promoting relaxation and reducing stress



Effects of Slow Breathing:

- When we practice slow, deep breathing, we activate the parasympathetic nervous system.
- This activation helps counterbalance the "fight-or-flight" response triggered by the sympathetic nervous system.
- Slow breathing can:
 - Lower heart rate.
 - Improve digestion.
- Reduce cortisol (the stress hormone).



Rapid Breathing and Brain Function:

- Rapid breathing tends to occur during stressful situations.
- Unfortunately, quick and shallow breathing can negatively impact brain function.
- Controlled breathwork techniques help regulate breathing patterns, ensuring optimal oxygen exchange in the brain.



As you breathe in
cherish yourself.
As you breathe out
cherish all beings

Dalai Lama





QiGong for Wellness

(pronounced "chee-gong")

What is QiGong

- Ancient Practice: Qigong has been around for about 4,000 years in China.
- Energy Flow: It's all about energy (called "qi") flowing smoothly in our bodies.
- Simple Movements: Qigong involves gentle poses and slow movements.
- Breathing: We breathe mindfully during Qigong. It's like filling our bodies with calmness and healing.



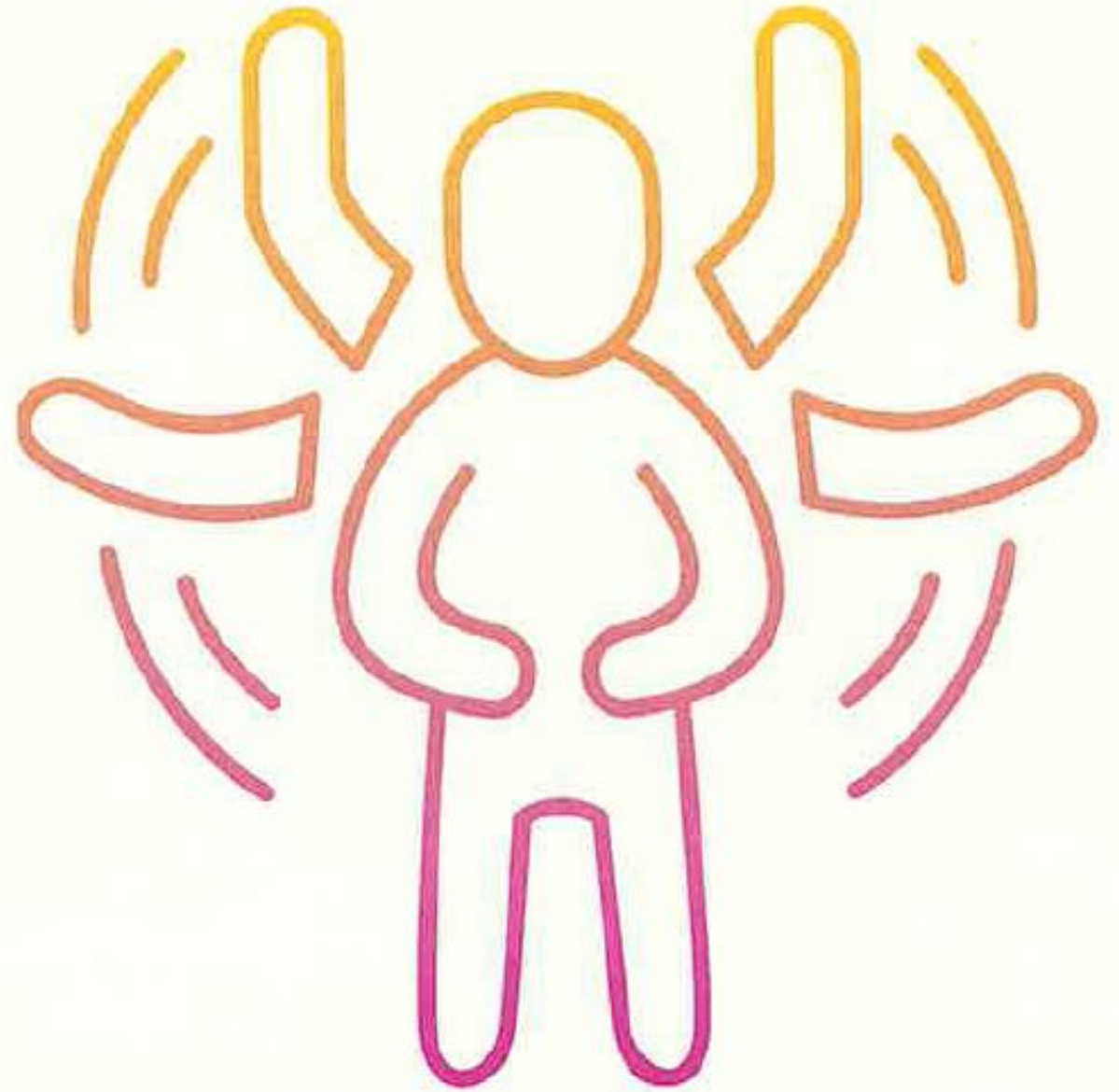
Why try QiGong?

- Stress Buster: Qigong reduces stress.
- Better Health: It's like giving our immune system a boost.
- Depression Relief: Some studies show that Qigong can lift our moods and ease anxiety.
- Chronic Fatigue Help: Qigong might be your secret weapon if you're always tired.
- Balance and Flexibility: Qigong's slow movements improve balance and flexibility.
- Heart and Bones: It's good for our heart and bones too!



Inhale and Raise Hands

- Inhale while raising your hands up.
- Exhale and relax them down.
Repeat 6 times.



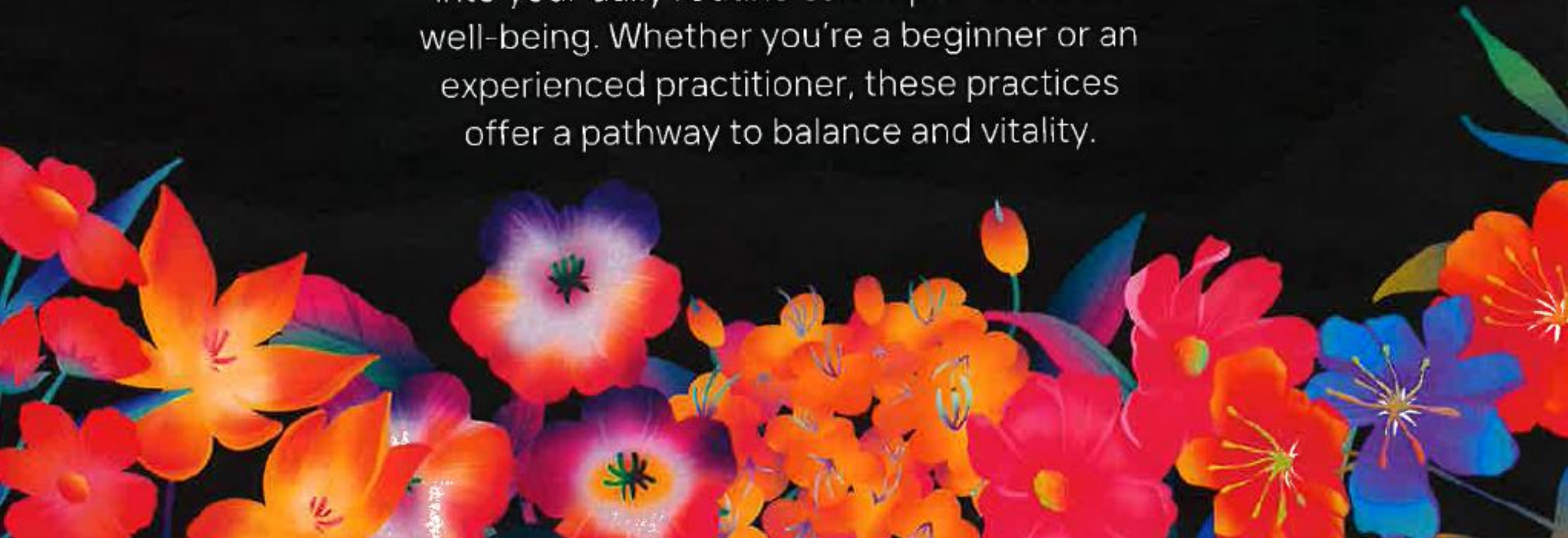
7 Minute QiGong

- This quick routine wakes up your body and mind. It includes four exercises:
 - a. Bouncing: Like on a Trampoline
 - b. Lifting the Ball: Imagine holding a ball and lifting it.
 - c. Stroking the Waterfall: Hands move up and down the water
 - d. Holding the Ball: Hold an imaginary ball. Expand, contract, and move.



Thank you!

Incorporating qigong and mindful breathwork into your daily routine can improve overall well-being. Whether you're a beginner or an experienced practitioner, these practices offer a pathway to balance and vitality.



Sources

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