



# JUST BREATHE...

3 Simple breathing  
Techniques to  
calm your mind  
and body that you  
can do anywhere

© Nikki Smith



"For Breath is  
LIFE and if you  
breathe well,  
you will live long  
on Earth"

*Sanskrit Proverb*

# OUR BREATH IS OUR LIFE-FORCE!

Lets talk about breathing for a moment.

We all do it! It's something we don't need to think about for it to occur. Its understood, without breath, there is no life, but have you ever thought more in depth about breathing and breath-work?

To keep things super simple, basic bodily functions like thinking, moving our muscles, digestion etc, all need oxygen. Breath-work on the other hand, is great for relaxation, boosts focus, better immune system, improvements in emotional states decreases levels of stress in otherwise healthy people.

Breath also creates energy in the body, calms stress within the central nervous system, brings us back to the present moment and can even assist with pain.

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**"Breathing is the  
first act of Life,  
and the Last"**

*Joseph Pilates*

© Nikki Smith



# JUST BREATHE....

How many times have you heard someone say "JUST BREATHE?"

I'm guessing a LOT!!

The thing is, the way we breathe, affects our entire body so when stressed, our heart rate increases causing a rise in blood pressure and faster breathing.

This breathing is shallow and short which creates stress in the body. Slow deep breathing increases the activity of the vagus nerve, which is a part of parasympathetic nervous system.

Truth is, there are loads of simple breathing techniques available. Most are scientifically proven to calm your central nervous system and don't take hours to do! I'm huge on "keeping things simple" so the techniques in this ebook, are super easy to fit in to your daily life and can pretty much be done anywhere.

***Deep breaths  
are like little  
LOVE notes  
for your body.***



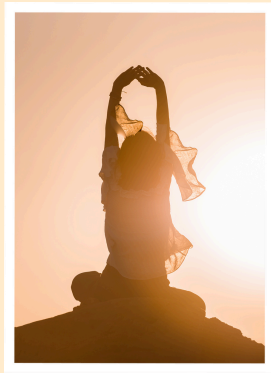
# BEFORE YOU START

Remember, all new things take practice so don't give up after the first go.

Like anything new, breathing exercises may feel foreign to begin with, so give yourself permission to follow the steps in an effortless and gentle way, without trying to do it “perfectly.”

I'd suggest trying each technique for a full week to fully embody the exercise and see how it feels for you before moving on to the next one.

Sit quietly for a few moments after you have finished and really notice how you feel.



## ***Please note:***

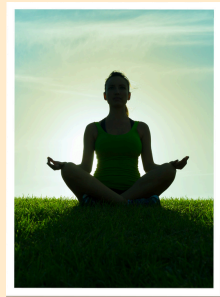
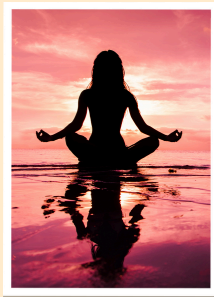
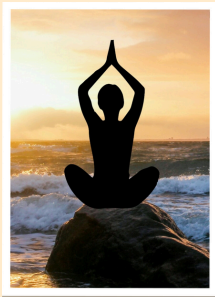
- Do not hold your breath if you have high blood pressure.
- Do not do these exercises while driving your car or operating machinery.

# 3 SIMPLE TECHNIQUES

*HEART Activation Breathing*

*Alternate Nostril Breathing*

*I AM HERE Breathing*



*Although these are simple to do, it may take a little time to become used to one, or all of them, but eventually you will establish your own natural rhythm.*

*Be patient and give them a try without putting pressure on yourself and just see how you go.*

*You may find them all great, you may find only one works for you and that's ok..*



# HEART ACTIVATION BREATHING

This is a beautiful process that tunes your heart, mind, and body into each other in a peaceful and healing rhythm while relaxing your body and quietening your mind.

By placing both your mind and body into sync, you will feel incredible serenity within.



# NOTE FROM NIKKI

*I love to do this beautiful Heart Activation Breathing when I wake in the morning whilst still in bed.*

*I find it a gorgeous way to start the day and often do this before falling asleep also.*



## BEFORE YOU START

Sit comfortably and allow your shoulders to fall gently backward to keep your chest open.

Do not slouch forward. You may lay down if you prefer.

Make sure your fingers remain loose and that the palms of your hands are open.

### **NOTE:**

If you find inhaling and exhaling for 5 counts challenging, do 2 or 3 counts instead.



# LET'S BEGIN

- Take a deep breath in and then breathe out slowly. Do this several times, relaxing your body with every breath you take.
- Place your right hand over your heart as you breathe to assist you directing your focus to your heart.
- Begin breathing in for 5 counts and breathing out 5 counts.
- Be sure your breathing is not forced and is comfortable.
- Visualise the base of your spine and see life force energy rising up from the bottom of your coccyx (base of your spine/Root Chakra), up and into your heart to activate it.
- Visualise your heart breathing.
- Each time you breathe up into your heart, visualise it expanding.
- When you exhale the air from your lungs, send the energy back down to the base of the spine.
- With each inhale, see your heart expand a little more each time, and feel loving warmth & golden energy radiate from your heart.
- With each exhale, feel the energy you are sending back down your spine into your coccyx (base of your spine/Root Chakra)
- Repeat the process for several minutes.
- Upon completion, remain still for a few moments to embody the experience and check in with how you are feeling



# ALTERNATE NOSTRIL BREATHING

Your nose is directly linked to your brain and nervous system, so practising alternate nostril breathing (pranayama) for a few minutes each day, can help you restore imbalances in your brain, calm your emotional state, improve sleep, boost your thinking and calm your nervous system. How fantastic is that?!



# NOTES FROM NIKKI

*Did you know that you don't breathe through your nostrils equally all the time? Even now, you will be favouring either your left nostril or your right nostril!*



*Left nostril for calming.  
Right nostril for energy.*



Breathing in through your left nostril accesses the right “feeling” hemisphere of your brain.

Breathing in through your right nostril, will access the left “thinking” hemisphere of your brain.

So consciously alternating your breath between either nostril will allow you to activate and access your whole brain.

Even after only a few minutes, you can feel and notice a distinct difference as to how you feel, so this is definitely one of my favourite breathing practices /exercises / meditations, and I do this often.



# LET'S BEGIN

- Use right thumb to close off right nostril.
- Inhale slowly through left nostril for 4 counts.
- Pause for a second
- Now close left nostril with ring finger and release thumb off right nostril
- Exhale through your right nostril for 4 counts.
- Now, inhale through right nostril, again for 4 counts
- Pause.
- Use thumb to close of right nostril.
- Breathe out through left nostril for 4 counts.
- This is one full round.
- Start slowly with 2 or 3 rounds to begin with and gradually increase the number of rounds.

**Note:** If you find inhaling and exhaling for 4 counts challenging, do 2 or 3 counts instead.



# HEART ACTIVATION BREATHING

This is a great technique when you need to re-calibrate your thinking to become aware of the present moment.

When you are feeling overwhelmed & really stuck thinking about yesterday and tomorrow, this can be done as often as needed.

## NOTE FROM NIKKI

*This is a great one when you are stuck ruminating about the past or stuck stressing about future events.*

*Like the others, this can be done anywhere and assists with bringing the mind and body back to the present moment.*



## BEFORE YOU START

Sit or stand comfortably for a few moments.

Breathe naturally and relax your body.

Place both hands on your lower ribs and belly.



# LET'S BEGIN

- Close your eyes and take in 6-8 big belly breaths nice and slowly.
- Inhale through your nose, hold for 2-3 seconds, and slowly exhale out of your mouth.
- Feel your chest and belly expand and rise, and then gently fall.
- Keep your eyes closed and continue to breathe naturally.
- What can you smell? What sounds do you hear? What do you feel on your skin? A breeze, the fabric...?
- Stay here for a few moments.
- Now repeat to yourself "I AM HERE, I AM HERE, I AM HERE!" This can be done in your mind or aloud.
- Upon opening your eyes, notice the things you don't always notice in the space you're in and bring your total awareness to the present moment.
- Check in with yourself and note how you are now feeling.

# HI, I'M NIKKI



I am a Mum, a Nanny and a super passionate Women's Well-Being & Empowerment Coach and Mentor.

I have created and lead many online programs for women as well as holding and hosting women's retreats in Bali - All created specifically for women just like you.

I have loved putting this together and sharing three of my personal favourite breathing techniques with you. They are ideal for busy lives as they can be done almost anywhere!

I trust you'll enjoy them as much as I do.

Big Love

*Nikki xx*





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