

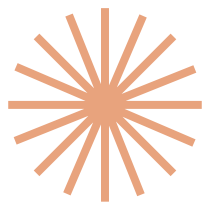


# Therapeutic Breathing Guide



A fun, easy, and effective guide to clear stress, balance the nervous system and energize your soul. Regulate your own health and feel more alive!

Clear  
Balance  
Energize  
Restore  
Smile



# Therapeutic Breathing Guide



Welcome to my Therapeutic Breathing Guide. Congratulations on taking steps to educate and practice breathing techniques to take control of your health and nervous system. This guide will benefit your health and every day life.

Follow along with the video linked below, read through the PDF or both!

Now it is time for you to begin your breathing journey...

**<<Watch Video Here>>**





# Clearing Breath



By WHOOSHING your tension away you can reset your nervous system to a more peaceful, parasympathetic state that will have you feeling light and bright.

Technique: Shake out all the physical tension in your body. Shake, your head, shoulders, arms, torso and legs for 30 seconds. Inhale and squeeze all your muscles as tight as you can holding the inhale. On the exhale, release and WHOOSH away the arms and residual tension. Close your eyes and feel the tingly sensation circulating throughout your body. Repeat until you feel completely stress free





# Balanced Breath



A balanced inhale and exhale through the nose brings a chaotic body, mind and spirit back to baseline. The head and heart begin to sync up, and you feel more at peace and less rushed by a busy life. Emotions contribute to our heart coherence and by bringing positive awareness to the heart while breathing will send signals to the brain to calm down.

Technique: Inhale for a count of 5 through the nose. Exhale for a count of 5 through the nose. Repeat for at least one minute. Sit in silence with the eyes close and observe how you feel.





# Energizing Breath



The energizing breathing technique will help keep it clear and free of stagnation. This will re-energize your mind and rid the body of toxins. Great for an afternoon pick-me-up or detox.

\*Please refrain from practicing if you have high blood pressure or are pregnant

Technique: Forcefully exhale through the nose while the stomach moves towards the spine. Inhale passively. Repeat at a energetic pace for 30-60 seconds. At the end of the round, inhale and hold as long as you can then slowly exhale. Repeat 3x.



# Guide Complete!



Congratulations!! You have completed your Therapeutic Breathing Guide. Whether you want to use them as maintenance for healthy breathing patterns, respond to life challenges or use one as your next party trick, they are ready to go in your breathing skills toolbox so you can dance through your days.

I encourage you to continue a daily breathing practice and observe how your life around you begins and continues to change. If you would like more guidance and support through holistic therapeutic sessions we can set up a personal session time to work with your specific needs and lifestyle. Email me at [casey@caseymauro.com](mailto:casey@caseymauro.com).

Keep shining,  
Casey

