

THE
SATTVA
LIFE

H O W T O
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R E D U C E  
S T R E S S  
1 S T   E D I T I O N

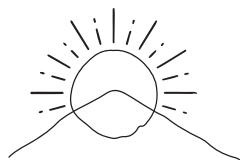
Breathe  
like  
your life  
depends  
on it!

The mind and breath flow together. A calm mind leads to smooth breath and conversely, when the breath flows smoothly the mind settles.

A regular daily practice of deep breathing is a powerful tool for improving your physical and mental health. Performing one of these breathing techniques twice daily for just a few minutes can produce long-term benefits.

You can also use the techniques any time you feel stressed or notice that your breath has become shallow.

**By practicing these techniques regularly you will begin to naturally breath deeply without even thinking about it.**



THE  
SATTVA  
LIFE

H O W T O  
~~~~~  
R E D U C E
S T R E S S
T E C H N I Q U E 1

Four part breathing

Duration: 3 – 5 minutes

This foundation breath practice is grounding, centering, calming, & activates the parasympathetic nervous system.

Step 1.

Sit comfortably, with a tall spine, eyes closed.

Hold your right hand on your abdomen (just above your belly button) and your left hand on your chest.

Step 2.

Inhale slowly and effortlessly through the nose for a count of four. As you breathe in you should feel your stomach expand 1st, then your chest.

Step 3.

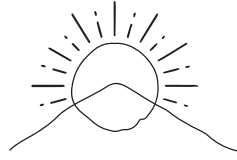
Hold your breath for a count of 4.

Step 4.

Exhale slowly for a count of 4. As you exhale the chest should deflate first, followed by the stomach.

Step 5.

Hold your breath for a count of 4 and continue the process.



T H E
S A T T V A
L I F E

H O W T O



R E D U C E

S T R E S S

T E C H N I Q U E 2

Mindfulness in motion

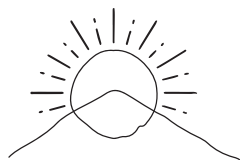
Now that you have your foundation established you can use your breath to calm the mind and bring yourself back to center at anytime during the day.

Whenever your mind wanders off in a direction you don't like, or you experience unpleasant emotions, feel nervous, anxious, or scattered, you can use this as a little reminder to come back to breath.

Even the simple act of taking 3 to 5 slow, mindful breaths will help to calm the nervous system and bring you back into present moment awareness.

Remember deep breathing doesn't mean using a lot of effort, it simply means breathing into our belly. There's no need to close your eyes, or hold your breath after the inhale and exhale, so you can do this while you're driving a car, before going into a meeting, during a conversation, with a mouthful of terrifying instruments of torture at the dentist... literally anywhere, anytime.





T H E
S A T T V A
L I F E

H O W T O



R E D U C E

S T R E S S

T E C H N I Q U E 3

Breath of Light

**Minimum Duration – 3 minutes.
Can go as long as you like.**

This is a beautiful meditative practice,
that is both uplifting and bliss inducing
– awakening us to our inner light.

Breath of light calms fiery energy, and
relieves stress, frustration and anger.

Step 1.

Sit comfortably with tall spine or lay down on your back.

Step 2.

Close your eyes and inhale in 7 short sips through the nose to create one inhalation. With each sip visualise light filling the body and rising up into 3rd eye. (Between and just above the eyebrows)

Step 3.

Hold your breath for as long as is comfortable.

Step 4.

Exhale in one slow breath through the nose.
Continue.

