



Description & Instructions

BreLax is structured breathing which activates natural relaxation mechanisms. When stress reactions or fearfulness restrict the body you can focus on breathing to transition to a calmer state by releasing your breath all at once after a slow inhale, brief hold, shallow belly or chest breathing. Use with care and never when dizzy or ill.

1. Deep Breath

A simple vagal breath. The base of all BreLax techniques. Fill your lungs fully then release all in air out at once with a sigh.

2. Hold Breath

A vagal release breath. A stronger parasympathetic stimulation. Deep Breath then in and hold for 10 seconds then out followed by Deep Breath.

3. Belly Breath

A focused vagal breath. Lower abdominal vagal breathing. Deep Breath then 15 belly breaths followed by Deep Breath.

4. Chest Breath

An energizing vagal nerve breath. Upper abdominal vagal breathing. Deep Breath then 15 chest breaths followed by Deep Breath.

5. Timed Breath

A focused control breath. A rapid relaxation technique. In for 3 seconds, out for 3 seconds then increase by 1 second after 3 breaths to 10 seconds.