



A FREE GUIDE FROM YOGTAARA

Breathwork for the Modern Body

Five simple practices to calm your nervous system, relax your body, and understand your breath.

Complete routine · 15 minutes

What this guide gives you

This guide takes 15 minutes from start to finish. No experience needed. No equipment required. Just your breath — which you already have.

Before you begin

Find a comfortable seat. Cross your legs simply on the floor, or sit in any position that allows your spine to be tall and your body to be at ease. Close your eyes. Let your hands rest on your knees.

01

Natural Breath Awareness

2 minutes · Recentering & Grounding

The foundation. No technique, no effort — just noticing.

Without changing anything, simply observe your breath as it is right now.

Notice where you feel it — in your nostrils, your chest, your belly. Notice its rhythm. Notice whether it is fast or slow, shallow or full.

After observing a few breaths, gently begin to invite the breath to become **noiseless, continuous, smooth, and deep.**

You are not forcing anything. You are simply noticing — and allowing the breath to settle.

This practice helps with recentering and grounding. When we observe the breath without trying to fix it, the nervous system begins to soften on its own.

02

Cleansing Breaths

2–3 minutes · Clearing & Awakening

Clears stagnancy and prepares the body for deeper work.

Inhale slowly and fully through your nose.

Then exhale completely and forcefully through your mouth — letting the breath leave with an audible release.

Repeat 6–8 times.

This practice clears stagnancy from the breath and the body — releasing what has accumulated and creating space for fresher, fuller breathing. Think of it as clearing the slate before the deeper work begins.

03

Physiological Sigh

2–3 minutes · Immediate Release

Stanford-researched. The body's own reset button.

Inhale slowly and fully through your nose.

At the top of the inhale — when your lungs feel full — take one short extra sniff to maximally inflate the lungs.

Then exhale slowly and completely through your mouth until the lungs are empty.

Repeat 6–8 times, moving at your own pace.

Researchers at Stanford University found that practising cyclic sighing daily was associated with measurably improved mood and reduced physiological arousal. This is the breath your body already knows — the sigh of relief, amplified.

04

Extended Exhale Breathing

3 minutes · Immediate Stress Relief

The single most evidence-backed technique for immediate calm.

Inhale through your nose for a count of 4.

Exhale through your nose slowly for a count of 6 to 8.

The exhale should be longer than the inhale — unhurried, complete, soft. Repeat for 3 minutes.

The extended exhale directly activates the parasympathetic nervous system — your body's rest and restore response. The single most evidence-backed breathwork technique for immediate stress reduction. Simple, effective, and accessible to everyone.

05

Diaphragmatic Breathing

3 minutes · Retraining the Breath

Returns the body to its natural, deepest breathing pattern.

Place one hand on your belly and one hand on your chest.

As you inhale, feel your belly hand rise first — your belly should expand outward before your chest lifts at all. As you exhale, feel the belly gently fall.

If the chest hand is moving more than the belly hand, simply slow down and breathe a little more consciously into the lower body.

Repeat for 3 minutes.

Most of us have spent years breathing shallowly into the chest. Diaphragmatic breathing retrains the body's default — and with it, begins to shift how tension is held throughout the entire system.

THE COMPLETE 15-MINUTE ROUTINE

Move through each practice in sequence — at your own pace, without rushing.

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| 01 | Natural Breath Awareness
<i>Arrive and observe</i> | 2 min |
| 02 | Cleansing Breaths
<i>Clear and awaken</i> | 2–3 min |
| 03 | Physiological Sigh
<i>Release and reset</i> | 2–3 min |
| 04 | Extended Exhale Breathing
<i>Soften and regulate</i> | 3 min |
| 05 | Diaphragmatic Breathing
<i>Deepen and retrain</i> | 3 min |

When you finish, return to natural breath for one minute. Notice how you feel now — compared to when you began. That shift is your nervous system responding.

You will notice that none of these practices include holding the breath.

This is intentional.

Breath holds are a powerful pranayama tool — but whatever is present within us tends to amplify when the breath is held. Without proper guidance and preparation, this can be more unsettling than settling.

This guide is designed to help you connect with your breath, understand it better, and prepare your body for pranayama practice. Breath retention is the natural next step — and one best taken with a practitioner present.

When you are ready to go deeper, we are here.



Ready to take your practice further?

Book a complimentary 30-minute consultation with Aparna. We will explore where you are and what your body needs most.

yogtaara.com

[+91 90688 11891](tel:+919068811891)

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