

# BREATHETOLOGY FUNDAMENTALS

Personal program for: \_\_\_\_\_

## PHASE 1: MENTAL AND PHYSICAL WARM-UP (2-5 MINUTES)

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## PHASE 2: BREATHING EXERCISES (5-10 MINUTES)

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PHASE 3: MEDITATION AND RELAXATION (2-10 MINUTES)

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PHASE 4: PRAYER AND GRATITUDE (1-5 MINUTES)

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