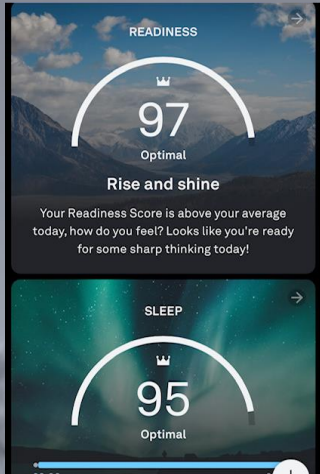




# From Game Changer to Life Changer



A deep dive into 6 key areas impacted by breath training:

- Breathing & breath training – Module 1
- Breath training & recovery – Module 2
- Breath training & sleep – Module 3
- Breath training & physical capability- Module 4
- Breath training & performance - Module 5
- Breath training & wellbeing– Module 6





# Module 1 – Breathing & Breath training

Why is it important to breathe right?

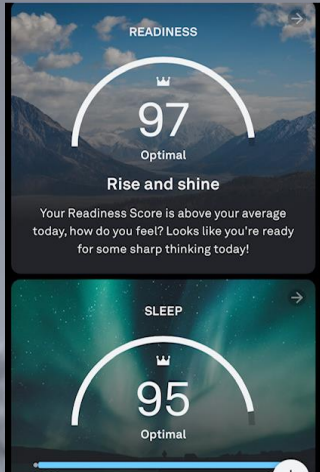
How should you breathe??

- Breathing assessments
- The 3 dimensions of breathing
- Breathing protocols

How to measure the effects of breath training?

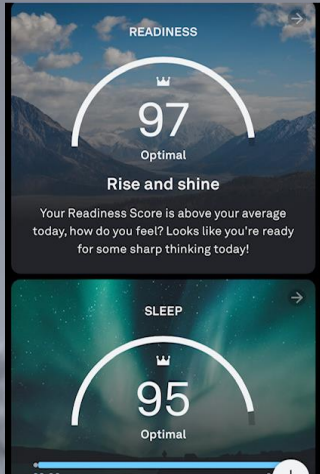
The importance of Heart Rate Variability for readiness & recovery?

IHHT – Intermittent Hypoxic, Hypercapnic Training – what it does to RBC (red blood cell) count and the mitochondria (the powerhouse of the cells)





## Module 2 – Breath training & recovery



How recovery impacts sleep?

Why the speed of recovery matters?

Increased intensity training means increased recovery

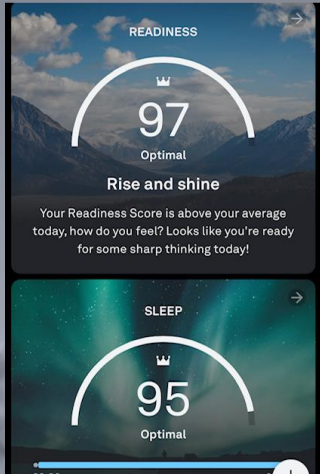
How to measure recovery?

Breathing techniques and protocols for better recovery?





## Module 3 – Breath training & sleep



Quality vs Quantity sleep – how to measure and analyze sleep?

The link between breath training and sleep?

The link between sleep and performance?

How sleep affects HRV?

Breathing techniques and protocols for better sleep?





# Module 4 – Breath training and physical capability

How to breathe before physical activity ?

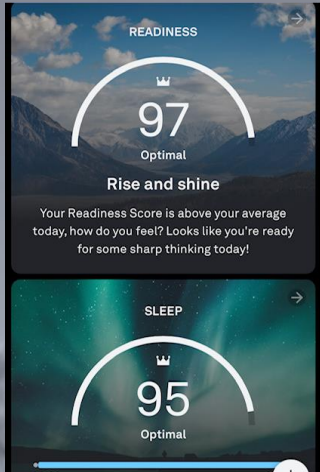
- Up & Down regulation techniques

How to breath during physical activity?

- After sprints
- In short breaks
- In long breaks

How to breath after physical activity?

- Downregulation
- Breath training combos (icebath, saunas, pressure)





# Module 5 – Breath training & workperformance

Balance the nervous system

Training to focus

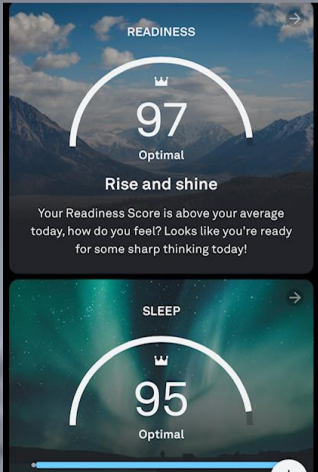
Deep focus (Flow states) – what is it and why does it matter?

Set up physical and mental flow triggers to access deeper flow states

Sustainable high performance vs peak performance?

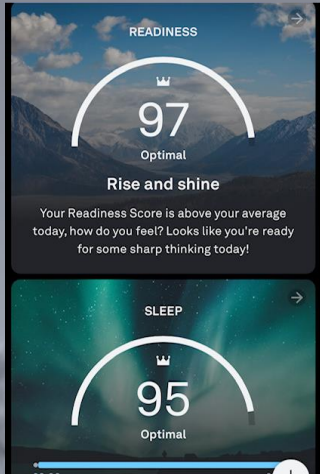
Avoid distractions

Breathing techniques and protocols for performance?





# Module 6 – Breath training and wellbeing



How breathing is affected by:

- Intermittent fasting
- High intensity training (anaerobic) vs low intensive (aerobic)
- Temperature (Icebaths & Sauna)
- Sounds
- Other things that affect the vagus nerve and wellbeing?

Breathing techniques and protocols for better wellbeing?

