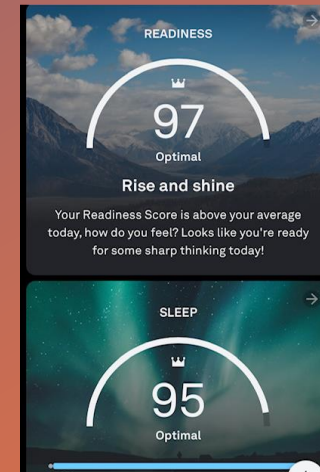


Flowswitch Daniel Pålsson

Corporate Athlete Training



Flowswitch



From automatic to conscious breathing

Shift 100 of the 20 000 automatic breaths per day to slow conscious breathing

This change can have real time and long-term compounding effect on:

- Recovery
- Sleep
- Wellbeing
- Physical training
- Performance

Flowswitch



Breathing & Breath training fundamentals

Automatic vs Conscious breathing – why 100 conscious breaths per day is a life changer?

How to breathe – 3 dimensions of breathing?

Nose vs Mouth breathing – why the switch to nose breathing is critical for optimal physical, mental and emotional fitness?

Breathing tests

Breathing techniques & protocols

Flowswitch



Recovery

How to recover in real time physically, mentally and emotionally?

The importance of carbon dioxide for recovery?

Breathing tests and how to measure recovery – heart rate, respiratory rate and heart rate variability?

Breathing techniques & protocols

Flowswitch



Sleep

How to breathe before sleep?

How to breathe during sleep?

How to breathe when you wake up in the morning?

How to measure sleep with and with out biometric devices?

What not to do at night for better sleep?

What do to for better sleep?

Breathing techniques & protocols

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Wellbeing

The importance of breathing and the vagus nerve for wellbeing?

How to measure wellbeing with heart rate variability?

The importance of Heart – Brain Coherence

Breathing techniques & protocols

Flowswitch



Physical training

How to breathe before, during and after physical training?

Breathing techniques & protocols

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Performance

The importance of concentration and flow states for performance

How to train concentration?

How flow states are linked to sustainable high performance and stress management?

How to trigger flow states?

Breathing techniques & protocols

How to build habits?

The next step after the course?



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Daniel.palsson@flowswitch.se

www.flowswitch.se

LinkedIn: Daniel Pålsson

Mobile: +46 725 459375

