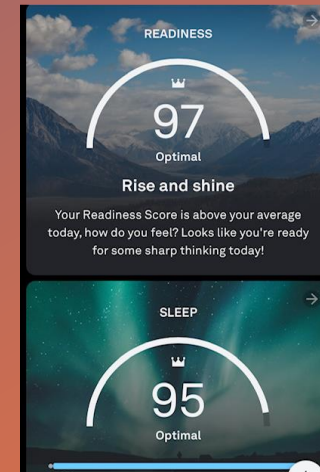


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## Daniel Pålsson

### Purpose Breathing



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## Purpose breathing

Purpose Breathing start with breath training which is used as a portal and catalyst to change the breathing pattern, brain waves and heart rhythm

However, we are going deeper & beyond breathing and you will get introduced to flow states, heart brain coherence, vibrational breathing and connected imagery in order ta access deeper states of consciousness. This is more than a **Game Changer it's a Life Changer**

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## 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

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## Flow states

Flow states are optimal states of consciousness where you feel great and you are more productive

Learn the science of flow states – what it is and why it is importance?

How to access flow states?

Protocols to train concentration and improve the probability of accessing flow states

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## Heart brain coherence

The connection between breathing, the heart and the brain and why it is important?

How to measure heart brain coherence – with heart rate variability and heart rhythm

Protocols to improve heart brain coherence

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## Vibrational breathing

The importance of energy, frequency and vibration

How to affect the vagus nerve?

The importance of internal & external sound and silence

Breathing techniques & protocols

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## Connected imagery

Energy, frequency and vibration - at the intersection of quantum physics, ancient traditions and elite athlete training

Sensory training and beyond

Breathing techniques & protocols





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