



BUTEYKO FITNESS

Module 5: Week 1: Slow Breathing

Exercise Set A, taping and daily tips

Exercise Set A – Your First Week

Practice 3 times a day – before breakfast, lunch, and dinner.

■ Timing Note

Don't practice directly after meals. Wait at least 1-2 hours.

■ Learning Slow Breathing

1. Slow down your breathing **without deeper breaths**
2. **3:3:1 rhythm**: 3s inhale, 3s exhale, 1s pause
3. Later progress to: **4:5:1 rhythm** (4s in, 5s out, 1s pause)

Exercise Plan Week 1

- Breath observation + Nose clearing 3 min
- Measure pulse 30 sec
- 1st Control Pause + Slow Breathing 3 min
- 2nd Control Pause + Slow Breathing 3 min
- 3rd Control Pause + Slow Breathing 3 min
- 4th Control Pause + Slow Breathing 3 min
- Relaxation 2 min
- Last CP + Pulse 3 min

Total: approx. 20-25 minutes

■ Walking with Nasal Breathing

- At least **30 minutes** daily
- **Breathe only through nose**
- **Don't talk** while walking
- If mouth breathing: **slow down**

■ Mouth Taping for Night

Medical tape vertically over lips – promotes nasal breathing during sleep.

■■ DO NOT tape with:

- Alcohol consumption
- Anxiety
- Epilepsy
- Severe cold



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