



BUTEYKO FITNESS

# Module 6: Week 2: Reduced Breathing

Extended Pause, sleep tips and nutrition

## Week 2 – Breathe Even Less

In week 2, you learn to **breathe slightly less** than the week before.

### ■ ■ Caution

With heart conditions, diabetes, high blood pressure or epilepsy, use the Extended Pause **only after consultation** with a Buteyko teacher.

## ■ ■ The Extended Pause

This breath hold lasts a few seconds longer than the control pause.

1. Breathe in and **out**
2. Hold nose, start stopwatch
3. Hold breath **5-10 seconds longer** than CP
4. **Continue breathing relaxed** – no big breaths!

**Formula:** Extended Pause = Control Pause + 5-10 seconds

## ■ ■ Reduced Breathing

Breathe with **less air volume** without strict timing.

1. Hand on belly above navel

2. Make each breath **slightly smaller**
3. Introduce **pause between breaths**
4. **Extend pause** without breathing deeper
5. After a while you're **barely breathing** but feeling relaxed

## ■ Sleep Tips

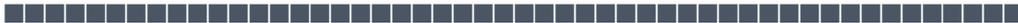
**Left side** is recommended. A tennis ball on your back can help avoid sleeping on your back.

Sleep in a cool, well-ventilated room. Avoid heavy meals before bedtime.

## ■ Nutrition Tips

Eat in moderation, drink **2-3 liters of water** daily.

- More vegetables and fiber
- Small portions of meat/fish
- Sea salt instead of table salt
- Avoid processed foods



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