



BUTEYKO FITNESS

Module 7: Week 3-4: Very Reduced Breathing

Fine-tuning, stress management and mastery

Fine-Tuning Your Breathing

Keep practicing! **Your success depends on your personal effort.**

The goal: Breathe so that others can **barely notice your breathing**. We call this **Very Reduced Breathing**.

■ Very Reduced Breathing

The mental focus is on the **breathing pause**. You only breathe when necessary.

1. Hand on **chest**, other on **belly**
2. Make each breath **smaller**
3. **Extend pauses** without breathing deeper
4. **Eye technique**: Roll eyes upward for 10s – calms breathing drive
5. Focus on the **breathing pause**, only breathe when necessary

■ **Goal: Breathing barely noticeable**

Learning to Handle Stress

Stress significantly affects your breathing. These factors can worsen your control pause:

- ■ Fatigue

- ■ Tension
- ■ Anxiety
- ■ Excitement

■ **Tip**

When stressed, invest time in relaxation techniques. Your success comes **step by step!**



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