



WellnessTaru
Dr. Aditi Garg

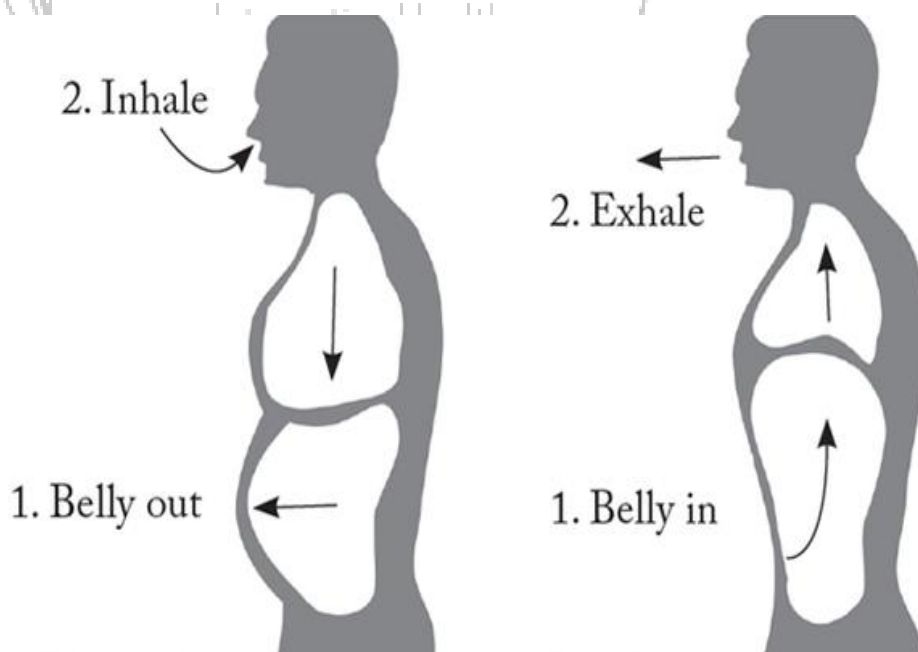
Breathwork made easy

Hi there!

If you're here, chances are you've been curious about breathwork and how it can help you feel better, more energized, and balanced. You've probably heard phrases like, "Take a deep breath," or "Just breathe through it." But have you ever stopped to ask yourself:

Am I breathing right?

It's funny, isn't it? Something as natural as breathing—something we do roughly 20,000 times a day—often goes unnoticed. And yet, it holds the key to not only calming the mind but also improving our physical health.



Why Breathing Matters

Breathing is life, quite literally. But it's *not just about survival*. How you breathe can influence your energy, mood, focus, and even digestion. Shallow, rushed breaths (which most of us are guilty of) can leave you feeling tired, anxious, and even in pain. Deep, intentional breathing, on the other hand, works like magic to reset your system and revitalize your body and mind.

Breathwork is an ancient science, validated by modern research. And the best part? You don't need any fancy tools. All you need is *you*.

Are You Breathing Right? Let's Find Out

WELLNESS TARU
Integrative Health



Here's a simple exercise to check:

1. Sit comfortably and relax your shoulders.
2. Place one hand on your chest and the other on your abdomen.
3. Take a slow breath in through your nose.

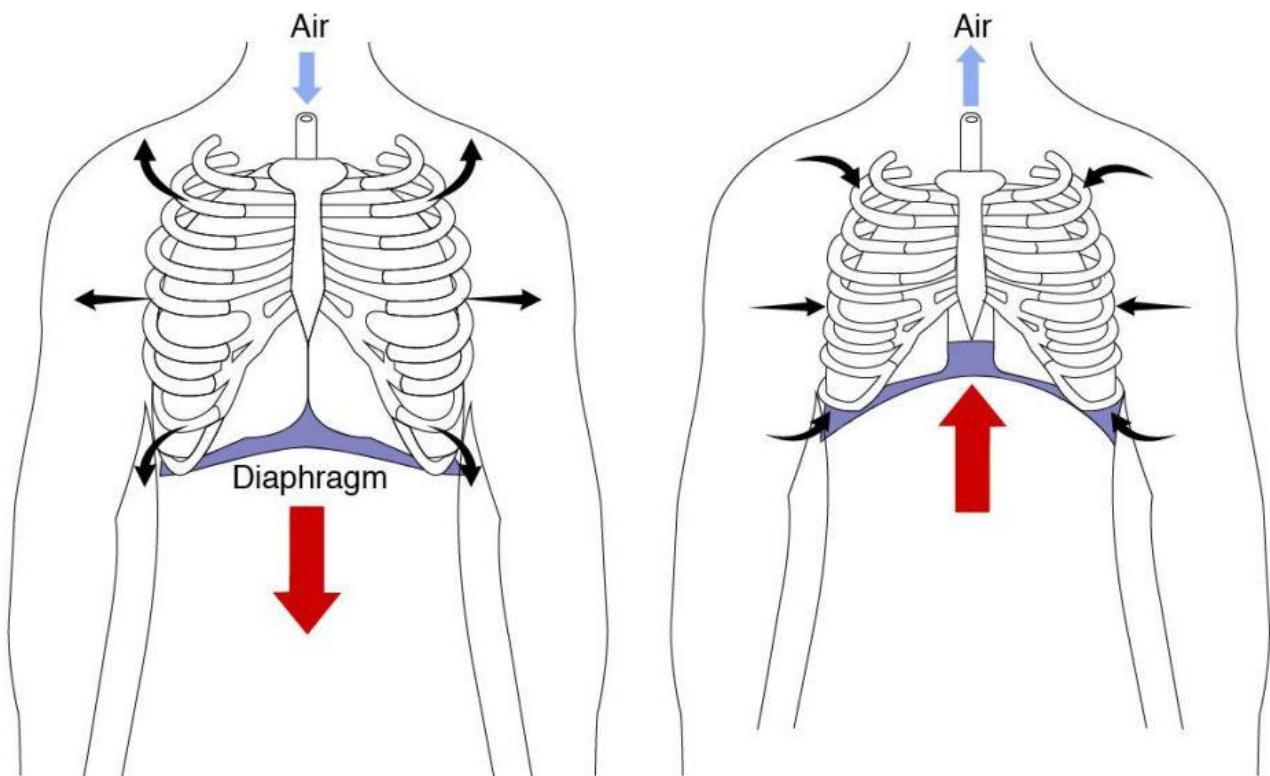
Now, observe:

- Which hand is moving more?
- Is it your chest, or is it your abdomen?

If your chest is doing all the work and your abdomen feels still, you're missing out on the power of your diaphragm—the muscle that's central to optimal breathing.

The Role of the Diaphragm: Your Breathing Hero

The diaphragm is a dome-shaped muscle sitting under your lungs. Think of it as the engine behind deep breathing. When you breathe in deeply, the diaphragm moves downward, expanding your lungs and allowing them to fill with oxygen. When you exhale, it rises back up, helping push out carbon dioxide.



But here's the catch: Many of us have forgotten how to use this amazing muscle. Sitting for long hours, stress, and shallow breathing patterns turn the diaphragm into an underused, underappreciated muscle.

Re-engaging your diaphragm is like giving your body a breath of fresh air—literally and figuratively.

Yogic Breathing: The Power of Complete Breath

In yogic practices, we aim for something called the *complete breath*. This combines:

1. **Abdominal Breathing** – Expanding your belly as you inhale.
2. **Chest (Thoracic) Breathing** – Expanding your ribcage as you inhale deeper.
3. **Clavicular Breathing** – Finally lifting your collarbones slightly as you complete the inhale.

By engaging all three parts, you're ensuring your lungs are filled from the bottom to the top. This type of breathing is energizing and calming at the same time. It's like giving your body a full recharge.

Why Yogic Breathing Works

Research backs what yogis have known for centuries:

- **Reduces Stress and Anxiety:** Studies show that deep breathing reduces cortisol levels (stress hormone).
 - **Improves Energy Levels:** By increasing oxygen supply, your cells are nourished better, keeping fatigue at bay.
 - **Boosts Focus and Clarity:** Deep breathing improves blood flow to your brain, enhancing concentration and memory.
 - **Supports Digestion:** The diaphragm massages your abdominal organs as it moves, aiding digestion.
 - **Strengthens Immunity:** Proper breathing encourages lymphatic drainage, flushing out toxins.
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Try This: 4-6-8 Breath

Here's a quick breathing exercise you can do right now:

1. Inhale through your nose for 4 counts.
2. Hold your breath for 6 counts.
3. Exhale slowly through your mouth for 8 counts.

Do this for 3-5 rounds. Notice how your body and mind feel afterward. This is just one example of how breath can be your tool to calm, focus, and energize.

Breathe In Health Workshop: Let's Take This Further

If this resonated with you, I invite you to join me for the **Breathe In Health Workshop**, where we'll LOOK into:

- Unlocking your diaphragm with specific techniques.
- Learning advanced yogic breathing practices.
- Using breathwork to manage stress, improve focus, and boost energy.
- Evidence-backed insights that bridge ancient wisdom and modern science.

It's going to be an interactive, transformative experience designed to help you connect with your breath like never before.

Remember, your breath is your superpower—it's always with you, ready to help you feel your best. Let's explore its potential together.

I'll see you there!

Warmly,

Dr. Aditi Garg

