



AN INTRODUCTION TO

GUIDED BREATHING EXERCISES

SIMPLE TECHNIQUES FOR STRESS
REDUCTION & RELAXATION

WWW.EMPOWEREDSTATEKINESIOLOGY.COM.AU



ABOUT ME

TSARI THAPA
KINESIOLOGIST

Hello, I'm Tsari ~
A Professional Kinesiologist &
Holistic Healing Practitioner, and the
founder of Sentient Creations daily
ritual tools.

With deep reverence for both
science and holistic wellbeing, my
work bridges the worlds of
Neuroscience, Traditional Eastern
Medicine, and Energy Balancing. At
the heart of it all is a belief in the
body's innate intelligence - and its
incredible ability to heal when
supported in the right way.

Through Empowered State
Kinesiology, I hold space for
individuals who are ready to
reconnect with themselves on a
deeper level - releasing what no
longer serves, restoring energetic
balance, and remembering who they
are beneath the stress, stories, and
symptoms.

My sessions are designed to support
nervous system regulation, reduce
stress, and gently guide you back
into alignment with your truest self.
This is a space for grounded healing,
intuitive insight, and meaningful
transformation - guided by your
body's own wisdom.



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AND SUPPORTED!
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INSTAGRAM:**

@EMPOWEREDSTATE_KINESIOLOGY

Follow me on Instagram for daily
inspiration, short videos, and practical
tips to support your wellbeing.

Discover simple tools to help you feel
calm, grounded, and centred throughout
your day.

Enjoy gentle kinesiology insights to
nurture your emotional and energetic
balance.

Lets begin..

Breathing exercises are a simple yet powerful way to reduce stress, improve relaxation, and enhance overall well-being.

These guided scripts are designed to be easily customized and integrated into your client's daily routine, providing a quick and effective method for calming the mind and body.



✓ The 4-7-8 Breathing Technique

The 4-7-8 Breathing Technique is a breathing pattern developed by **Dr. Andrew Weil**, designed to promote relaxation and improve sleep.

It involves inhaling through the nose for 4 seconds, holding the breath for 7 seconds, and exhaling through the mouth for 8 seconds.

This controlled breathing helps slow down the heart rate and encourages the body to release stress, making it easier to fall asleep or return to a calm state during moments of anxiety.

Regular practice can enhance its effectiveness in managing stress-related symptoms and improving emotional balance.

Instructions:

- **Find a Comfortable Position:** Sit or lie down in a comfortable position. Close your eyes and relax your body.
- **Inhale for 4 Seconds:** Breathe in quietly through your nose for 4 seconds.
- **Hold for 7 Seconds:** Hold your breath for a count of 7 seconds.
- **Exhale for 8 Seconds:** Exhale fully through your mouth, making a whoosh sound, for 8 seconds.
- **Repeat:** Repeat the cycle up to 4 times.



Tips: Use this technique whenever you feel stressed or have trouble sleeping

✓ Diaphragmatic Breathing

Diaphragmatic Breathing, also known as belly breathing, is a deep breathing technique that focuses on engaging the diaphragm, a large muscle at the base of the lungs, to achieve full oxygen exchange.

By breathing deeply from the diaphragm rather than shallowly from the chest, individuals can enhance lung efficiency, lower their heartbeat, reduce their blood pressure, and trigger a relaxation response in their body.

This technique is particularly effective in managing anxiety, improving focus, and supporting overall well-being.

Instructions:

- **Find a Comfortable Position:** Sit comfortably or lie flat on your back. Place one hand on your chest and the other on your stomach.
- **Breathe In Deeply:** Slowly inhale through your nose, feeling your stomach rise. The hand on your chest should move very little.
- **Exhale Slowly:** Exhale through pursed lips, feeling the hand on your stomach lower. The hand on your chest should remain still.
- **Repeat:** Continue for 5-10 minutes, focusing on deep, slow breaths.



Tips: Use this technique whenever you feel stressed or have trouble sleeping



☑ Mindful Breathing

Mindful Breathing is a simple yet effective practice that involves paying close attention to each breath, focusing on the sensations of inhaling and exhaling without trying to change them.

This technique encourages being fully present in the moment, which can help calm the mind, reduce stress, and improve emotional health.

By observing the breath without judgment, individuals learn to anchor themselves in the present, leading to greater mindfulness and tranquility in daily life.

Instructions:

- **Find a Quiet Space:** Sit or lie in a quiet, comfortable space. Close your eyes and relax your muscles.
- **Focus on Your Breath:** Pay attention to your breath's natural inhalation and exhalation. Notice how the air feels entering and leaving your nostrils.
- **Count Your Breaths:** Count each breath as you inhale and exhale. Start back at one if your mind wanders or you lose track.
- **Continue for 5 Minutes:** Keep your focus on your breath, returning to it whenever you notice your mind wandering.



Tips: Use this exercise whenever you need a moment of peace or to refocus your mind.



☑ Guided Imagery for Relaxation

Adding guided imagery as a relaxation technique provides individuals with another tool to manage stress, enhance well-being, and maintain focus on positive aspects of their lives, especially during the fluctuating period of menopause.

Instructions:

- **Find a Quiet, Comfortable Space:** Choose a peaceful place where you can sit or lie down comfortably. Close your eyes to help focus your mind.
- **Relax Your Body:** Take a few deep breaths, in through your nose and out through your mouth. With each exhale, imagine releasing any tension in your body.
- **Choose Your Image or Memory:** Think of a place, memory, or story that brings you joy and peace. It could be a favourite vacation spot, a cherished memory with loved ones, or a serene landscape.
- **Engage Your Senses:** Visualise this place or moment in vivid detail. Imagine what you see, hear, smell, and feel. The more senses you involve, the more immersive the experience.
- **Deep Breathing:** As you immerse yourself in this visualization, continue to breathe deeply and evenly. With each breath, feel more relaxed and at ease, letting the positive feelings from your image or memory wash over you.
- **Stay in the Moment:** Spend 5-10 minutes in this state of relaxation, gently guiding your focus back to your chosen imagery whenever your mind starts to wander.
- **Gently Return:** When you're ready to finish, take a few deep breaths and slowly open your eyes. Take a moment to appreciate the calmness and relaxation you've cultivated.



Tips:

- If you find it challenging to hold an image or memory in your mind, consider using a recording of guided imagery or reading a descriptive passage beforehand to help set the scene.
- Practice this technique regularly to become more adept at entering a state of relaxation quickly.
- Remember, there is no "right" or "wrong" image or memory to choose—select whatever naturally brings you a sense of peace and happiness.



☑ Alternate Nostril Breathing

Incorporating alternate nostril breathing into your routine can offer a simple yet powerful means to restore balance and tranquillity.

This technique is especially beneficial during menopause, helping manage the emotional and physical fluctuations accompanying this phase.

Instructions:

- **Find a Comfortable Position:** Sit in a comfortable, upright position. Relax your shoulders and place your left hand on your lap.
- **Prepare Your Right Hand:** Raise your right hand to your nose, using your thumb to gently close your right nostril.
- **Inhale Through the Left Nostril:** With the right nostril closed, take a slow, deep breath in through your left nostril.
- **Switch and Exhale:** Close your left nostril with your right ring finger, releasing the right nostril, and exhale slowly through the right nostril.
- **Inhale Through the Right Nostril:** Still keeping the left nostril closed, inhale through the right nostril.
- **Switch and Exhale:** Close your right nostril with your thumb, release the left nostril, and exhale through the left nostril.
- **Continue the Cycle:** Repeat this process for 3-5 minutes, always alternating nostrils after each inhalation.



Tips:

- Try to keep your breaths slow, deep, and equal in length for both the inhalation and exhalation.
- Practice this breathing technique in the morning to energise your day or in the evening to calm your mind before sleep.
- If you're new to alternate nostril breathing, start with just a minute or two and gradually increase the duration as you become more comfortable with the practice.



☑ Mindfulness Meditation

Mindfulness meditation offers a profound way to connect with the present moment, reducing the stress and anxiety that can accompany menopause.

Regularly practicing this focused breathing and attention technique can achieve a greater sense of calm, clarity, and emotional balance..

Instructions:

- **Find a Quiet Space:** Choose a quiet, comfortable spot where you can sit or lie down without interruptions. Ensure your phone is silenced or in another room.
- **Adopt a Comfortable Posture:** Sit or lie down in a position that feels comfortable for you. If sitting, keep your back straight but not stiff. If lying down, let your legs and arms relax naturally.
- **Close Your Eyes:** Gently close your eyes to help turn your attention inward. This helps minimise external distractions.
- **Focus on Your Breath:** Pay attention to your breath. Notice the sensation of air entering and leaving your nostrils or the rise and fall of your chest or abdomen with each breath.
- **Be Present:** Aim to be fully present in the moment as you focus on your breath. If your mind wanders to other thoughts, gently acknowledge them without judgment and bring your focus back to your breath.
- **Set a Timer:** If you're new to meditation, start with 5-10 minutes. You can gradually increase the duration as you become more comfortable with the practice.
- **Conclude Gently:** When your timer goes off, slowly open your eyes. Take a moment to notice any changes in your body or mind before getting up.



Tips:

- Practice regularly, ideally at the same time each day, to establish mindfulness meditation as a beneficial habit.
- If focusing on your breath is challenging, try using a guided meditation app or recording to help maintain your focus.
- Remember, the goal of mindfulness meditation is not to empty the mind of thoughts but to observe them without attachment or judgment, always returning your focus to the present moment.



Visualization Breathing Technique

The Visualisation Breathing Technique offers a powerful way to connect more deeply with your breath, fostering relaxation and mindfulness.

Focusing your mind on the natural pattern of your breathing can help you achieve a serene state of being, making it an ideal practice for managing the emotional and physical transitions of menopause.

Instructions:

- **Prepare Your Space:** Find a quiet, comfortable place where you can sit or lie down undisturbed. Dim the lights or close your eyes to help turn your focus inward.
- **Get Comfortable:** Adopt a relaxed position that supports your back if sitting, or allows your body to lie flat if lying down. Place your hands on your lap or by your sides.
- **Initiate Deep Breathing:** Start by taking a few deep breaths. Inhale slowly through your nose, feeling your chest and abdomen expand. Exhale gently through your mouth or nose, whichever feels more natural.
- **Visualize Your Breath:** As you continue to breathe deeply, visualize the air you inhale, taking a specific path through your body. Imagine it flowing in through your nostrils, down your throat, filling your lungs, and spreading vitality to every part of your body.
- **Focus on the Exhale:** On your exhale, picture any stress or tension leaving your body with the breath. Visualize a clear path as the air moves from your lungs, up through your throat, and out your nostrils or mouth.
- **Pattern Recognition:** Pay attention to the rhythm of your breath. Notice the slight pause after inhaling and before exhaling. Embrace this cycle as a natural pattern of giving and receiving, taking in energy and releasing stress.
- **Continue for Several Minutes:** Maintain this focused state of breathing and visualization for 5-10 minutes, or as long as you feel comfortable.



Tips:

- If your mind starts to wander, gently redirect your attention to the visualisation of your breath's path. This is a common part of the practice and becomes easier with time.
- Visualisation can be enhanced by imagining the breath in a color or as a light that energises or calms you, depending on your needs.
- Practice this technique daily, ideally at a consistent time, to cultivate a deeper sense of peace and centeredness.

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Disclaimer:

This ebook is designed as a supportive guide to help you explore breathwork and wellbeing practices. It is not a substitute for professional medical, psychological, or other health advice. Please consult a qualified healthcare provider if you have any concerns about your physical or mental health before beginning a new practice. With care, Empowered State Kinesiology

TAKE YOUR JOURNEY FURTHER..



I hope you've enjoyed exploring these breathwork techniques!
Breathwork is a wonderful way to **calm your nervous system, release tension, and reconnect with yourself** - but sometimes a **little extra support** can help you feel even more balanced.

If you'd like a **personalised approach**, book a **1:1 Kinesiology session** with me and **lets dive deeper**.

Together, we can support your body, mind, and energy to feel calmer, clearer, and more aligned.

📍 **Point Lonsdale, VIC | Online available**

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www.empoweredstatekinesiology.com.au

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***With empowering support,
Tsari Thapa, Kinesiologist & Holistic Practitioner.***