

Month 5 – Recovery

The Power of Breathwork for Stress & Performance

Why Breathing Matters

Most people breathe more than 20,000 times per day, yet very few pay attention to how they breathe. Stress, prolonged sitting, pain, and poor posture can reduce the natural movement of the rib cage and diaphragm. When breathing becomes shallow, the neck and shoulders often work harder, the thoracic spine becomes stiffer, and recovery becomes less efficient.

The Thorax: Your Breathing Engine

Your ribs, thoracic spine, and diaphragm work together every time you breathe.

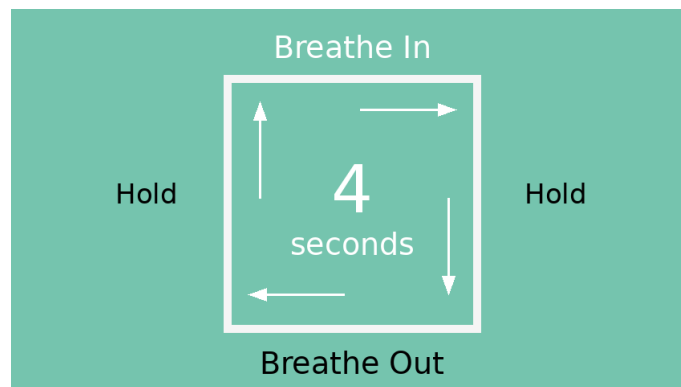
- Lungs expand more efficiently
- Diaphragm functions properly
- Neck and shoulder tension decreases

The body can use breathing more efficiently.

Breathing & Your Nervous System

Sympathetic	Parasympathetic
Fight or Flight	Rest & Recover
Higher heart rate	Lower heart rate
Increased tension	Reduced tension
Stress response	Recovery response

Box Breathing



Box Breathing Pattern: Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec

Repeat for 1–3 minutes.

Try It Today

Find a comfortable position. Place one hand on your chest and one on your ribs. Focus on expanding the rib cage as you inhale and allowing it to soften as you exhale. Complete **5 rounds of Box Breathing**.

Notice changes in: • Heart rate • Muscle tension • Stress levels • Mental clarity

Quick Takeaway: Better breathing improves thoracic mobility, reduces stress, and supports recovery.