



Vagus Nerve Breathwork Guide

Discover how simple breathwork exercises can calm your nervous system, boost relaxation, and enhance your overall well-being by stimulating the vagus nerve. This guide provides easy-to-follow techniques that you can practice anytime, anywhere.

Why the Vagus Nerve Matters

The vagus nerve plays a crucial role in regulating your parasympathetic nervous system, often referred to as the "rest and digest" state. When activated, it helps lower heart rate, reduce anxiety, and improve digestion, promoting a sense of calm and balance.

Breathwork Techniques to Activate the Vagus Nerve

1. Diaphragmatic Breathing (Belly Breathing)

- **How to do it:**
 1. Sit or lie down in a comfortable position.
 2. Place one hand on your chest and the other on your belly.
 3. Inhale deeply through your nose, allowing your belly to rise while keeping your chest still.
 4. Exhale slowly through your mouth, feeling your belly fall.
- **Duration:** Practice for 2-5 minutes.

2. Humming or Chanting

- **How to do it:**
 1. Take a deep breath in through your nose.
 2. Exhale slowly while making a humming sound (or chanting "Om").
- **Why it works:** The vibrations stimulate the vagus nerve and promote relaxation.

3. Extended Exhale Breathing

- **How to do it:**
 1. Inhale deeply for a count of 4.

2. Exhale slowly for a count of 6-8, ensuring the exhale is longer than the inhale.
- **Duration:** Repeat for 3-5 minutes.
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Important Considerations

Who Should Avoid These Techniques

- Individuals with severe respiratory issues, such as chronic obstructive pulmonary disease (COPD) or asthma, should consult a healthcare professional before engaging in breathwork exercises.
 - If you experience dizziness, lightheadedness, or discomfort while practicing these techniques, stop immediately and resume normal breathing.
 - Pregnant individuals should avoid breathwork exercises involving breath retention or long exhalations without professional guidance.
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Benefits You Can Experience

- Reduced stress and anxiety levels
 - Improved heart rate variability (a marker of resilience)
 - Enhanced emotional regulation
 - Better sleep quality
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Quick Tip

Incorporate these exercises into your daily routine for best results—whether it's a morning reset, a mid-day pause, or a bedtime wind-down.

Start your journey to a calmer, more centred you today!

For more guidance or to join a breathwork class, visit Studio Nine's website or follow us on social media for upcoming sessions.