

Rhythmic Breathing Recordings

Rhythmic breathing sequences are listed below. There is a distinct beep signaling a change of rhythm.

Recording 1:

Max: 8-16-8-4, for beginners

Time: 19 minutes

4-2-4-0 6X

8-4-8-0 6X

8-8-8-2 8X

8-12-8-4 8X

8-16-8-4 8X

8-8-4-0 8X

Recording 2:

Max: 8-20-8-4

Time: 23 minutes

4-4-4-4 6X

6-6-6-6 6X

8-8-8-4 6X

8-12-8-4 6X

8-16-8-4 6X

8-20-8-4 6X

8-8-8-4 4X

6-6-6-6 4X

4-4-4-4 4X

Recording 3:

Max: 12-16-12-8

Time: 19 minutes

8-4-8-0 4X

12-6-12-0 6X

12-8-16-4 6X

12-12-12-8 6X

12-16-12-8 6X

8-4-8-0 3X

Recording 4:

Intermediary: 8-32-8-4

Time: 35 minutes

4-4-4-4 6X

4-6-6-4 6X

4-8-8-4 6X

4-12-8-4 6X

4-16-8-4 6X

6-24-8-4 8X

8-28-8-4 8X

8-32-8-4 8X

8-8-8-8 4X

6-6-6-6 4X

4-4-4-4 4X

Recording 5:

Advanced

Max: 8-48-8-4 and 8-32-16-8

Time: 1 hour

4-8-8-4 6X

4-12-8-4 6X

4-16-8-4 6X

6-24-8-6 6X

8-28-12-88X

8-32-12-88X

8-32-16-88X

8-36-12-86X

8-40-12-46X

8-48-8-4 8X

8-8-8-8 4X

6-6-6-6 4X

4-4-4-4 4X