



YOGFIT WELLNESS ACADEMY

BREATH • VITALITY • WELLNESS

CORPORATE BREATH AUDIT™

A practical self-assessment to understand how your breathing, attention and recovery may change across a demanding workday.

FOR EXPERIENCED CORPORATE & IT PROFESSIONALS

Meetings • Pressure • Deep Work • Presentations • Recovery

BREATHE BETTER. STRESS LESS. LIVE LONGER.

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25+ years of Corporate & IT experience

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1. WHY YOUR WORKDAY BREATHING MATTERS

Breathing is automatic, but the way it feels can vary with attention, activity, posture, emotion and the demands of the moment. This audit is not here to label your breathing as good or bad; it helps you notice patterns you may normally miss.

A useful question is not simply “Am I breathing?” but “What happens to my breathing in different parts of my workday?”

WHAT YOU WILL ASSESS

01	MEETINGS Before, during and after important conversations.
02	PRESSURE What you notice when deadlines, conflict or uncertainty increase.
03	DEEP WORK Whether long periods of concentration reduce awareness of breath and body.
04	PRESENTING How your breathing feels when you speak, explain or influence.
05	RECOVERY Whether you can consciously transition from work mode into personal time.
06	BREATH AWARENESS How confident you are in noticing and working with your breath.

HOW TO USE THIS AUDIT

Think about a typical workweek, not your best or worst day. Answer quickly and honestly. There are no right answers. If unsure, choose what is closest to what usually happens.

IMPORTANT: This is a self-awareness and education tool, not a medical assessment or diagnosis.

2. YOUR CORPORATE BREATH SCORECARD

For each statement, select one number: 0 Never • 1 Rarely • 2 Sometimes • 3 Often • 4 Very often

0	1	2	3	4
Never	Rarely	Sometimes	Often	Very often

A. MEETINGS & PRESSURE

1. Before an important meeting, I notice my breathing changes.
2. During a difficult conversation, I become aware of changes in my breathing.
3. When pressure rises, my breathing feels faster, shallower or more effortful.
4. After a demanding meeting, I notice that I am still carrying the tension into the next task.

0	1	2	3	4
0	1	2	3	4
0	1	2	3	4
0	1	2	3	4

B. DEEP WORK & SCREEN TIME

5. When I am deeply focused, I lose awareness of my breathing.
6. I can spend long periods working without noticing what is happening in my body.
7. I notice myself holding or interrupting my breathing while concentrating.
8. After long periods at a screen, I feel the need to consciously reset or move.

0	1	2	3	4
0	1	2	3	4
0	1	2	3	4
0	1	2	3	4

C. PRESENTATION & PERFORMANCE

9. Before presenting or speaking to a group, I notice changes in my breathing.
10. When speaking for a long time, I notice that my breathing becomes less comfortable.
11. I can deliberately pause and reconnect with my breath while communicating.
12. I feel that my breath can support the way I communicate and perform.

0	1	2	3	4
0	1	2	3	4
0	1	2	3	4
0	1	2	3	4

2. YOUR CORPORATE BREATH SCORECARD — CONTINUED

Continue using the same scale: 0 Never • 1 Rarely • 2 Sometimes • 3 Often • 4 Very often

D. WORK-TO-HOME TRANSITION

13. Closing my laptop does not immediately feel like the end of my workday.

0	1	2	3	4
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14. My mind continues replaying meetings, decisions or unfinished work after hours.

0	1	2	3	4
---	---	---	---	---

15. I find it difficult to create a clear transition from performance mode to personal time.

0	1	2	3	4
---	---	---	---	---

16. I have a deliberate routine that helps me shift into recovery mode.

0	1	2	3	4
---	---	---	---	---

E. BREATH AWARENESS & INTELLIGENCE

17. I can describe what my natural breathing feels like when I am relaxed.

0	1	2	3	4
---	---	---	---	---

18. I notice when my breathing changes without immediately trying to fix it.

0	1	2	3	4
---	---	---	---	---

19. I understand that different situations may call for different ways of working with the breath.

0	1	2	3	4
---	---	---	---	---

20. I know at least one simple breathing practice that feels appropriate for a normal workday.

0	1	2	3	4
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YOUR TOTAL SCORE: _____ / 80

Tip: Do not overthink your answers. Your first honest response is usually more useful than a “perfect” response.

3. CALCULATE & INTERPRET YOUR SCORE

Add all 20 answers. Maximum score: 80. This is a reflection tool, not a health assessment.

TOTAL	AWARENESS SNAPSHOT	NEXT STEP
0–20	Limited awareness of workday breathing patterns.	Start with noticing; do not rush to change anything.
21–40	Some awareness, but patterns may be inconsistent.	Build short awareness pauses into your workday.
41–60	Good awareness of several patterns.	Develop context-specific skills for pressure and recovery.
61–80	Strong awareness and intentional use.	Focus on integration and sustainability.

LOOK FOR YOUR PATTERN

Your pattern matters more than your total. Go back and identify which section felt most familiar; that is where your next experiment should begin.

HIGH A — MEETINGS & PRESSURE	Notice your breath before and during demanding interactions.
HIGH B — DEEP WORK	Add brief body-and-breath awareness during long periods of concentration.
HIGH C — PRESENTATION	Explore breath awareness to support comfortable, steady communication.
HIGH D — TRANSITION	Create a deliberate work-to-home transition.
HIGH E — AWARENESS	Move from automatic breathing toward practical breathing intelligence.

4. YOUR WORKDAY BREATH MAP

Use this page for the next 3 working days. You are not trying to control your breathing; you are collecting information about yourself.

WORKDAY MOMENT	WHAT I NOTICE	BREATH FEELS	ENERGY / ATTENTION
On waking			
Before first meeting			
During deep work			
During pressure / conflict			
Before presenting			
Afternoon dip			
Last hour of work			
After closing laptop			
Before sleep			

THREE QUESTIONS

1. When does my breathing feel most different?
2. What usually happens immediately before I notice the change?
3. What helps me return to a comfortable, natural rhythm?

Remember: observation comes before intervention.

5. THREE PRACTICAL CORPORATE BREATH EXPERIMENTS

Keep these simple. The goal is awareness and useful transitions—not forcing a particular breathing pattern.

01 — THE 60-SECOND MEETING RESET

When: Before a demanding meeting.

1. Put both feet on the floor.
2. Notice your natural breathing for three cycles.
3. Let the next few exhales become gently longer, without forcing the inhale.
4. Return to normal breathing and begin.

Reflect: Did you enter the meeting with more awareness of your body and breath?

02 — THE BETWEEN-MEETING RESET

When: You have 60–120 seconds between calls.

1. Look away from the screen.
2. Feel your feet or the chair supporting you.
3. Take one comfortable breath without making it bigger.
4. Ask: “Am I carrying the last meeting into the next one?”
5. Choose your next action deliberately.

Reflect: What changed when you created a pause instead of immediately switching screens?

03 — THE WORK-TO-HOME TRANSITION

When: At the end of the workday.

1. Close the laptop and step away.
2. Notice your breath without changing it.
3. Take one comfortable breath and silently say: “Work is done for now.”
4. Add 2–5 minutes of walking, stretching or a change of environment.
5. Continue into your personal time.

Reflect: Did your evening feel different when you created a clear transition?

KEY PRINCIPLE

Notice first. Change second.

6. YOUR 7-DAY CORPORATE BREATH TRACKER

Choose one moment each day to pause and record what you notice. Keep it under two minutes.

DAY	SITUATION	WHAT I NOTICED	ONE SMALL ACTION	AFTER 1-5
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

AT THE END OF DAY 7

"I notice my breathing changes most when _____."

"The situation where I want more awareness is _____."

"One small breathing / recovery habit I will continue is _____."

YOUR PERSONAL BREATH INSIGHT

The most useful thing I discovered this week was: _____

7. YOUR NEXT STEP

If this audit made you notice patterns you had never paid attention to before, that is the real starting point.

THE YOGFIT BREATH PATH

01 — KNOW	Notice your breathing without immediately trying to change it.
02 — UNDERSTAND	Recognise how pressure, focus, movement and recovery affect your experience.
03 — TRAIN	Build practical skills gradually and comfortably.
04 — USE	Apply the right skill to the right everyday situation.
05 — LIVE	Make breath awareness part of a sustainable lifestyle.

ABOUT YOUR COACH

Saravanan R is a Breath & Vitality Coach and Certified Yoga Therapist with 25+ years of Corporate & IT experience. His work focuses on helping busy professionals build practical breathing awareness, better recovery habits and sustainable vitality alongside demanding careers.

BREATH & VITALITY COACH	CERTIFIED YOGA THERAPIST
Practical breath training for real workday situations.	Yoga-based tools supporting awareness and sustainable wellbeing.

GET YOUR NEXT STEP

linktr.ee/YogfithealthAcademy

Instagram • Resources • Programs • Ways to Work Together

Breathe Better. Stress Less. Live Longer.

SAFETY NOTE: This guide is for general education and self-awareness, not medical advice, diagnosis or treatment. Stop any exercise that causes dizziness, discomfort, anxiety or shortness of breath. If you have a medical condition or concerns about breathing, consult an appropriate healthcare professional.