



YogFit Wellness Academy Presents

The Breathing Blueprint™

BREATHE BETTER · STRESS LESS · LIVE LONGER



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THE COMPLETE GUIDE

The Breathing Blueprint™

A practical, science-informed system for calmer days, deeper sleep and steadier energy — one breath at a time.

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PART ONE

Your Breath Is Your Superpower

*Before the techniques, a little context on why this guide exists —
and who it's for.*



CHAPTER 01

Welcome Letter

Dear Friend,

If you're reading this, chances are life has felt a little too fast lately. Deadlines stacking up, sleep that doesn't quite restore you, a mind that won't switch off even when your body is exhausted. I want you to know something before we go any further: none of that is a personal failing. It's usually just a nervous system that has forgotten how to rest — and it starts, almost always, with the breath.

This guide is not another wellness trend asking you to buy equipment, change your diet overnight, or find two extra hours in your day. Everything in these pages uses a tool you already own and carry with you everywhere: your breath. You were born knowing how to use it perfectly. Somewhere between childhood and your inbox, that instinct got buried under stress, poor posture, and shallow, hurried breathing patterns.

The Breathing Blueprint™ is my attempt to hand that instinct back to you — in plain language, with real techniques, and without an ounce of jargon you don't need.

You don't need to find more time to feel better. You need to breathe better in the time you already have.

With warmth and steady breath,

Saravanan R (YSR)

Founder, YogFit Wellness Academy



CHAPTER 02

My Corporate-to-Wellness Journey

For years, I lived the life a lot of you reading this will recognise instantly: back-to-back meetings, a phone that never stopped buzzing, food eaten at my desk, and sleep that was more collapse than rest. On paper, everything was going well. In my body, something was quietly falling apart — tight shoulders, shallow chest breathing, a low hum of anxiety that never fully switched off, even on holiday.

The turning point wasn't dramatic. It was a single class where a teacher asked us to simply watch our own breath for five minutes, without changing it. I couldn't do it. My breath was fast, high in the chest, and uneven — and I hadn't noticed, because I'd never once been asked to pay attention.

That five minutes changed the direction of my life. I went on to train formally as a Yoga Therapist and Yogic Kriya practitioner, and later specialised specifically in breath — what today is often called Neuro Breath Coaching — studying how conscious breathing patterns influence the nervous system, focus, sleep and long-term health.

I left the corporate world to build YogFit Wellness Academy, with one goal: to teach working professionals, parents, and anyone carrying too much on their shoulders, exactly what I wish someone had taught me years earlier.



The Corporate Years

High stress, shallow breathing, constant fatigue — and no awareness of the pattern.



The Turning Point

One breath-awareness class revealed just how disconnected I'd become from my own body.



Today

Certified Yoga Therapist and Breath Coach, helping others reclaim calm through breath.



CHAPTER 03

Why I Created This Guide

Because the single most powerful wellness tool available to you is also the most overlooked.

In over a decade of teaching, I've noticed the same pattern in almost every student who walks through the door — whether they come for stress, poor sleep, low energy, or simply because a doctor told them to "relax more." Nobody had ever taught them *how* to breathe properly. We assume breathing takes care of itself. For basic survival, it does. For thriving, it rarely does.

I created The Breathing Blueprint™ to close that gap — to give you, in one focused resource, the science of why breath matters, an honest look at where your own breathing habits may be working against you, and a clear, step-by-step framework you can start using today.

- ✓ You will understand exactly how your breath affects your nervous system, energy, sleep and focus.
- ✓ You will assess your own breathing patterns honestly, using a simple self-check.
- ✓ You will learn the YogFit Breathing Framework™ — six steps that retrain the breath for life.
- ✓ You will walk away with practical, situation-specific techniques for mornings, offices, meetings and sleep.
- ✓ You will have a 7-day challenge and daily tracker to turn insight into lasting habit.

This is not information for information's sake. Every page is built to be used, practised, and lived.



PART TWO

The Science of Breathing

*Understanding what happens inside your body with every single
breath you take.*



CHAPTER 04

Why We Breathe

Breathing is the only function of the autonomic nervous system you can consciously control — which makes it the most direct lever you have over your own state of mind.

Every day, you take somewhere between 17,000 and 23,000 breaths. The overwhelming majority happen with zero conscious input. Yet this automatic act runs the single most important chemical exchange your body performs: pulling in oxygen to fuel every cell, and clearing out carbon dioxide before it builds up to harmful levels.

Your heart can't beat without it. Your brain, which uses roughly a fifth of the oxygen you breathe despite being a fraction of your body weight, cannot think clearly without it. Your digestion, immune response, and even your emotional regulation are all quietly downstream of how well — or how poorly — you breathe.

**Delivers Oxygen**

Fuels every cell, organ and thought you have, moment to moment.

**Removes Waste**

Clears carbon dioxide and metabolic waste before it accumulates.

**Regulates State**

Shifts your body between stress and calm in real time, faster than any other tool.

You cannot calm a racing mind directly. But you can calm the breath — and the mind will follow.



CHAPTER 05

How Breathing Affects Every Organ

Breath is often taught as a "lung topic." In reality, its influence reaches almost every system in your body. The diaphragm — your primary breathing muscle — sits directly above your stomach, liver and intestines. Every full diaphragmatic breath gently massages these organs, supporting digestion and circulation. Shallow chest breathing skips this entirely.

Heart & Circulation

Slow, full breaths lower heart rate and blood pressure by activating your body's natural calming response.

Brain & Focus

Steady oxygen supply supports clear thinking; erratic breathing is linked to brain fog and poor concentration.

Digestive System

Diaphragmatic movement massages the gut, supporting healthy digestion and reducing bloating.

Lymphatic System

Unlike blood, lymph has no pump of its own — deep breathing is one of its main drivers of flow.

Immune Function

Chronic shallow breathing keeps the body in low-grade stress mode, which can suppress immune response over time.

Muscles & Posture

Poor breathing patterns recruit neck and shoulder muscles, contributing to chronic tension and pain.



CHAPTER 06

Oxygen vs Carbon Dioxide: The Hidden Truth

More air is not always better air. What matters is balance.

Most people assume that breathing more, faster, or bigger delivers more oxygen to the body — and that this is always a good thing. The truth is more nuanced, and understanding it is one of the most useful shifts you can make.

Carbon dioxide (CO₂) isn't just a waste gas to be expelled as fast as possible. It plays an essential role in how efficiently oxygen is released from your blood into your tissues, a relationship known as the Bohr Effect. When you over-breathe — through chronic hyperventilation, sighing, or rapid shallow breathing — you can actually lower CO₂ too far, which makes it *harder* for oxygen to be released where your body needs it most.

Over-Breathing

- Fast, visible chest breathing
- Frequent sighing or yawning
- Low CO₂ tolerance
- Reduced oxygen delivery to tissue
- Linked to anxiety, dizziness, fatigue

vs

Balanced Breathing

- ✓ Slow, quiet, mostly through the nose
- ✓ Full diaphragmatic movement
- ✓ Healthy CO₂ tolerance
- ✓ Efficient oxygen delivery
- ✓ Linked to calm, steady energy

This is the science behind why slow, nasal, diaphragmatic breathing consistently outperforms fast, forceful breathing for calm and energy alike — a principle you'll see throughout the YogFit Breathing Framework™.



CHAPTER 07

The Nervous System & Breath

Your autonomic nervous system runs on two main gears: the **sympathetic** branch (fight-or-flight, alert, activated) and the **parasympathetic** branch (rest-and-digest, calm, restorative). Most modern stress isn't caused by a single dramatic event — it's the slow accumulation of staying stuck in sympathetic gear for far too long.

Here is the part that makes breath so remarkable: the vagus nerve, which is the main highway of your parasympathetic system, is directly influenced by the length and rhythm of your exhale. A longer, slower exhale sends your brain a direct physiological signal — *it is safe to stand down*.

**Short, Sharp Inhale > Exhale**

Activates alertness. Useful for a quick energy boost, unhelpful when chronic.

**Long, Slow Exhale > Inhale**

Activates the calming vagal response. This is your built-in reset button.

Every technique in this guide is, at its core, a way of speaking directly to your vagus nerve — using nothing but rhythm.



PART THREE

Are You Breathing Correctly?

*An honest, judgment-free look at your own breathing patterns —
the first step to changing them.*



CHAPTER 08

Self-Assessment Quiz

Answer honestly — there's no scoring to impress anyone but yourself.

Place one hand on your chest and one on your belly. Breathe normally for 30 seconds, then answer these:

QUESTION	YES	NO
Does your chest/shoulders rise more than your belly?	☐	☐
Do you often breathe through your mouth, even at rest?	☐	☐
Do you sigh or yawn frequently through the day?	☐	☐
Do you hold your breath when concentrating or stressed?	☐	☐
Do you wake up tired despite enough hours of sleep?	☐	☐
Do you feel a tight chest or shallow breath under pressure?	☐	☐
Is your resting breath fast (more than 15–18 per minute)?	☐	☐

0–2 Yes

Solid foundation. This guide will sharpen and deepen what already works.

3–4 Yes

Common pattern. The YogFit Framework in Part 5 will make a noticeable difference.

5+ Yes

Your breath is likely working against you daily. Start with Part 5, Step 1, today.

Any medical symptoms?

See the Safety Guidelines in Part 8 before beginning new practices.



Come Back To This Page

This isn't a one-time test. Retake it in four weeks, after working through Part 5's Framework, and again in three months. Watching your own "Yes" count fall over time is often the clearest, most motivating proof this practice is working — more convincing than anything I could tell you here.



CHAPTER 09

The 10 Most Common Breathing Mistakes

- **1. Chest-dominant breathing** — relying on shoulders and chest instead of the diaphragm.
- **2. Mouth breathing at rest** — skipping the nose's filtering and calming benefits.
- **3. Breath-holding under focus** — unconsciously pausing breath during concentration or stress.
- **4. Over-breathing** — taking in more air than the body needs, lowering CO2 tolerance.
- **5. Reverse breathing** — belly pulling in on the inhale instead of expanding.
- **6. Short, shallow breaths** — using only the upper portion of lung capacity.
- **7. Uneven rhythm** — erratic pace that keeps the nervous system on alert.
- **8. Frequent sighing** — a sign of chronic low-grade stress, not relief.
- **9. Sleeping with mouth open** — disrupts oxygen efficiency and sleep quality.
- **10. Poor posture while seated** — slumping compresses the diaphragm's range of motion.

You likely recognise two or three of these instantly. That's normal — and exactly where change begins.



How To Start Fixing These

You don't need to fix all ten at once — that's a guaranteed way to give up by Thursday. Pick the single pattern you recognised most strongly, and work only on that through Part 5's YogFit Breathing Framework™. As one pattern shifts, several others tend to loosen alongside it, because they're rarely separate habits — usually just different symptoms of the same shallow, hurried breathing style.



CHAPTER 10

Chest vs Diaphragmatic Breathing

Chest Breathing

- Shoulders and chest rise visibly
- Shallow, uses upper lungs only
- Triggers stress response
- Common under pressure or poor posture
- Leaves you feeling tense and tired

vs

Diaphragmatic Breathing

- ✓ Belly gently expands outward
- ✓ Deep, uses full lung capacity
- ✓ Activates calming response
- ✓ Natural in babies and deep sleep
- ✓ Leaves you feeling grounded and clear

QUICK TEST

Lie down, place one hand on your chest and one on your belly. On the inhale, the hand on your belly should rise first and more visibly than the one on your chest. If the opposite happens, you've just identified your starting point — and Step 3 of the Framework is built exactly for this.



CHAPTER 11

Nose vs Mouth Breathing

Mouth Breathing

- Bypasses natural filtering & humidifying
- Dries out airways
- Associated with over-breathing
- Linked to poorer sleep quality

vs

Nose Breathing

- ✓ Filters, warms and humidifies air
- ✓ Produces nitric oxide, aiding circulation
- ✓ Naturally regulates breath volume
- ✓ Supports deeper, more restful sleep

The nose is not a backup airway — it's the one your body was designed to use. Nasal breathing alone can shift your entire day toward calm, simply by changing which passage you default to.

Try this now: close your mouth. Breathe only through your nose for the next ten breaths, and notice how much slower and quieter they naturally become.



CHAPTER 12

Fast vs Slow Breathing

Fast Breathing

- 15–20+ breaths per minute
- Keeps sympathetic system activated
- Common during stress, screens, multitasking

VS

Slow Breathing

- ✓ 5–8 breaths per minute
- ✓ Engages parasympathetic (calming) system
- ✓ The pace used in most meditative and yogic traditions

Research across breathing practices consistently points to somewhere around 5–6 breaths per minute as a sweet spot for heart-rate variability and calm alertness — a pace we'll build toward gradually and comfortably in Part 5, never by force.

Try It Now — 60 Seconds

Inhale gently for a count of 4, exhale slowly for a count of 6. Repeat for six rounds. Notice the shift before you even finish.



PART FOUR

The Hidden Cost of Poor Breathing

*Nine everyday struggles that so often trace back to one
overlooked root cause.*



CHAPTERS 13–15

Fatigue, Stress & Poor Sleep

Three of the most common complaints I hear — and three of the most breath-responsive.

**Fatigue**

Shallow breathing under-delivers oxygen to tissues, leaving you running on empty even after rest.

**Stress & Anxiety**

Fast, chest-based breathing keeps the sympathetic nervous system switched on, fuelling a cycle of worry.

**Poor Sleep**

Mouth breathing and an overactive nervous system make it harder to fall — and stay — asleep.

These three rarely arrive alone. Poor sleep worsens stress; stress worsens breathing; poor breathing worsens sleep. The good news: because breath sits at the centre of this loop, it's also the fastest way to interrupt it.

You cannot always control your workload, your sleep environment, or your stress triggers. You can, in almost every moment, control your next breath — and that's a more powerful starting point than it sounds.

Rather than chasing each symptom separately, the six-step Framework in Part 5 works upstream, on the shared root cause underneath all three: a nervous system that has forgotten how to downshift on its own.



CHAPTERS 16–18

Brain Fog, Allergies & Asthma

**Brain Fog**

Inconsistent oxygen delivery and CO2 imbalance make focus and clear thinking harder to sustain.

**Allergies**

Chronic mouth breathing bypasses the nose's natural filtering, increasing exposure to irritants.

**Asthma**

Dysfunctional breathing patterns can worsen symptom perception, even when independently managed medically.

If you live with asthma, allergies, or a diagnosed respiratory condition, always practise alongside — never in place of — your prescribed treatment. See the Safety Guidelines in Part 8.

A Gentle Reminder

Breathwork can be a powerful companion to medical care for respiratory conditions, but it is never a substitute for it. Always keep prescribed medication and physician guidance as your primary plan, and introduce new breathing practices slowly, ideally with your doctor's awareness.



CHAPTERS 19–21

High Blood Pressure, Low Energy & Burnout

**High Blood Pressure**

Chronic shallow breathing keeps the body in low-grade alert, which can contribute to elevated pressure over time.

**Low Energy**

Inefficient breathing wastes energy the body could otherwise use to fuel your day.

**Burnout**

Living permanently in sympathetic gear, without enough parasympathetic recovery, is the biological signature of burnout.

None of this means breath is the only factor. It means breath is very often the fastest, most accessible lever you're not yet using.

Diet, sleep hygiene, movement and medical care all matter, and this guide doesn't ask you to replace any of them. What it offers is a starting lever you can pull today, in the next sixty seconds, with nothing to buy and nowhere to go — while those other pieces fall into place around it.



The YogFit Breathing Framework™

Six simple, sequential steps that retrain your breath for life — not just for the moment.



STEP 1 OF 6

Observe Your Breath

1

Before changing anything, simply notice. For two minutes, sit quietly and watch your breath without controlling it — where it moves, how fast it is, whether it catches or pauses. Awareness alone begins to slow and settle the breath, often before you've consciously done anything.

Try It

Set a two-minute timer. Close your eyes, and mentally narrate your breath: 'in... out... in... out.' Nothing more.

Avoid This Mistake

Attention itself is a physiological signal. The simple act of observing the breath activates areas of the brain associated with self-regulation, which is why this step alone often produces a noticeable settling — before any technique is even applied.

**Why It Matters**

Don't judge what you notice. There's no 'wrong' breath here — only information you can now act on.



STEP 2 OF 6

Breathe Through Your Nose

2

Make the nose your default airway, both awake and asleep. If you find yourself mouth-breathing during the day, gently close your lips and redirect the breath. This single change filters, warms and slows your breathing automatically.

Try It

For the next hour, keep your lips softly closed and breathe only through your nose — even while working or walking.

Avoid This Mistake

The nose filters, warms, humidifies and pressurises incoming air, and produces nitric oxide along the way — a molecule that supports healthy blood flow and oxygen uptake. Mouth breathing skips every one of these built-in benefits.

**Why It Matters**

Don't force the mouth shut if you're congested. Clear the airway gently first, then return to nasal breathing.



STEP 3 OF 6

Engage the Diaphragm

3

Shift the effort from your chest and shoulders down into your belly. Place a hand just below your ribs; as you inhale, let it rise. As you exhale, let it fall. This is the breathing pattern your body used naturally as a child.

Try It

Lie down, hand on belly. Breathe so only that hand moves — your chest stays quiet. Five minutes, once a day, rebuilds the habit.

Avoid This Mistake

The diaphragm is your most efficient breathing muscle, built for exactly this job. Using it fully increases lung capacity used per breath, gently massages abdominal organs, and takes the load off overworked neck and shoulder muscles.

**Why It Matters**

Don't push or bloat the belly outward on purpose. Let the movement be a natural response to the inhale, not an effort.



STEP 4 OF 6

Slow Down

4

Once the diaphragm is engaged, gently lengthen each breath cycle. Don't force it — ease into a slower rhythm over several rounds. The goal is roughly 5–8 breaths per minute, a pace linked with the calming parasympathetic response.

Try It

Inhale for a count of 4, exhale for a count of 4. After a week, stretch the exhale to a count of 6.

Avoid This Mistake

Slower breathing increases heart-rate variability, a key marker of nervous-system resilience and recovery. It is one of the most well-studied mechanisms behind the calming effects of yogic and meditative breathing practices.



Why It Matters

Don't jump straight to very slow counts. Build gradually over days, not minutes — the nervous system responds better to patience.



STEP 5 OF 6

Lengthen the Exhale

5

The exhale is where the nervous system receives its clearest 'stand down' signal. Making your exhale longer than your inhale is one of the fastest ways to shift from stress into calm, on demand, in any setting.

Try It

Inhale for 4 counts, exhale for 6–8 counts. Repeat for ten rounds whenever you feel tension rising.

Avoid This Mistake

The vagus nerve, your body's main parasympathetic pathway, is directly stimulated by a longer exhale. This is the physiological reason a long sigh or extended breath out so reliably brings a felt sense of relief.



Why It Matters

Don't strain to empty the lungs completely. A relaxed, unhurried lengthening works better than a forceful one.



STEP 6 OF 6

Build Daily Consistency

6

None of the first five steps compound into lasting change without repetition. A few focused minutes daily will outperform one long session a month, every time. This is where the 7-Day Challenge and Daily Habit Tracker in Part 7 become essential.

Try It

Anchor your practice to something you already do daily — brushing your teeth, your morning coffee, or before you open your laptop.

Avoid This Mistake

Nervous system regulation is a trained capacity, not a one-time fix. Each repetition reinforces new neural and muscular patterns, gradually making calm, efficient breathing your body's new automatic default.

**Why It Matters**

Don't aim for perfection or long sessions immediately. Two honest minutes a day beats twenty minutes attempted once a week.



Practical Techniques

*Six situation-specific practices, ready to use the moment you
need them.*



Morning Energy Breath

FOR WAKING UP NATURALLY · 2–3 MINUTES

1. Sit upright, spine tall, feet grounded.
2. Inhale fully through the nose for a count of 4, expanding the belly.
3. Exhale with slightly more force through the nose for a count of 4.
4. Repeat for 10–15 rounds at a steady, energising pace.
5. Finish with three slow, normal breaths before standing.



Why This Works

The brisk, even rhythm gently raises alertness and circulation without the crash of caffeine, helping you feel awake from the inside out.

Best Used When...

- ✓ You wake up groggy or reach for your phone before your feet touch the floor.
- ✓ You need energy without more caffeine.
- ✓ You want to start the day intentionally, not reactively.



Office Stress Reset

FOR OVERWHELM AT YOUR DESK · 3 MINUTES

1. Sit back from your screen, feet flat on the floor.
2. Inhale quietly through the nose for a count of 4.
3. Exhale slowly through the nose for a count of 6.
4. Repeat for 8 rounds, keeping shoulders relaxed and jaw soft.
5. Return to work on the next natural breath.



Why This Works

A longer exhale activates your vagus nerve within a few rounds, lowering heart rate and easing the tight-chest feeling of overwhelm — no need to leave your seat.

Best Used When...

- ✓ A deadline or inbox spike sends your shoulders up around your ears.
- ✓ You notice your breath has become shallow and fast.
- ✓ You need to reset before the next call.



Better Sleep Breathing Routine

FOR FALLING ASLEEP FASTER · 5 MINUTES

1. Lie down comfortably, lips gently closed.
2. Inhale through the nose for a count of 4.
3. Hold gently for a count of 4.
4. Exhale slowly through the nose for a count of 8.
5. Repeat for 8–10 rounds, letting each cycle grow heavier and slower.



Why This Works

The extended exhale and gentle hold slow your heart rate and quiet mental chatter, signalling to your nervous system that it's safe to fully let go.

Best Used When...

- ✓ Your mind keeps replaying the day the moment your head hits the pillow.
- ✓ You fall asleep fine but wake up through the night.
- ✓ You want a wind-down ritual that needs no equipment.



Pre-Meeting Calm Technique

FOR STEADY, CLEAR PRESENCE · 1 MINUTE

1. Before entering the room, pause for one minute alone.
2. Inhale through the nose for a count of 4.
3. Exhale through the nose for a count of 6.
4. Repeat for 6 rounds.
5. Walk in on a full, settled exhale.



Why This Works

A single minute of paced breathing is enough to lower baseline anxiety and steady your voice, helping you walk in present rather than rattled.

Best Used When...

- ✓ You have a high-stakes meeting, interview, or presentation.
- ✓ Nerves tend to show up in your voice or posture.
- ✓ You want to arrive composed, not just on time.



Breath for Focus

FOR DEEP WORK SESSIONS · 2 MINUTES

1. Sit tall, close your eyes if comfortable.
2. Breathe in for 4, hold for 4, out for 4, hold for 4 (box breathing).
3. Repeat the full cycle for 8 rounds.
4. Open your eyes and begin your task on the exhale.



Why This Works

The even, structured rhythm of box breathing is used by everyone from athletes to elite performers to sharpen attention and settle a scattered mind before focused work.

Best Used When...

- ✓ You're switching tasks and need a clean mental reset.
- ✓ Your attention keeps drifting mid-task.
- ✓ You want a calm, alert state before deep work.



Emergency Calm-Down Practice

FOR ACUTE STRESS OR PANIC MOMENTS · AS NEEDED

1. Find any seat or wall to lean against.
2. Exhale everything out first, longer than feels natural.
3. Inhale gently through the nose for a count of 3.
4. Exhale slowly through the nose or pursed lips for a count of 6.
5. Repeat until you feel your shoulders drop — usually 8–12 rounds.



Why This Works

Leading with a full exhale interrupts the shallow, rapid over-breathing pattern common in acute stress, giving your body an immediate opportunity to downshift.

Best Used When...

- ✓ You feel a wave of panic, overwhelm, or acute stress rising.
- ✓ Your heart is racing and your chest feels tight.
- ✓ You need a fast, private, equipment-free reset.



Daily Practice

*Turning insight into habit — the part most guides skip, and the
part that matters most.*



CHAPTER 34

7-Day Breathing Challenge

One small, focused practice each day. By day seven, you'll have rebuilt the foundation of the entire Framework.

DAY	FOCUS	DONE
Day 1	Observe your breath, 2 minutes, no changes	☐
Day 2	Nose-only breathing for one full hour	☐
Day 3	5 minutes of diaphragmatic breathing, lying down	☐
Day 4	Practice the 4-4 slow breathing count, 5 rounds	☐
Day 5	Practice the 4-6 lengthened exhale, 10 rounds	☐
Day 6	Try any one Practical Technique from Part 6	☐
Day 7	Combine all six steps into one 5-minute practice	☐

Miss a day? Simply continue the next day. Consistency over months matters far more than a perfect streak.



CHAPTER 35

Daily Habit Tracker

Photocopy, screenshot, or simply recreate this page weekly — consistency is the entire game.

WEEK OF:	MON	TUE	WED	THU	FRI	SAT	SUN
Morning Practice	☐	☐	☐	☐	☐	☐	☐
Midday Reset	☐	☐	☐	☐	☐	☐	☐
Evening / Sleep Practice	☐	☐	☐	☐	☐	☐	☐
Nose Breathing Awareness	☐	☐	☐	☐	☐	☐	☐

Each box you fill is proof that you chose your calm on purpose that day. That's the entire discipline — nothing more complicated than that.



CHAPTER 36

Progress Journal

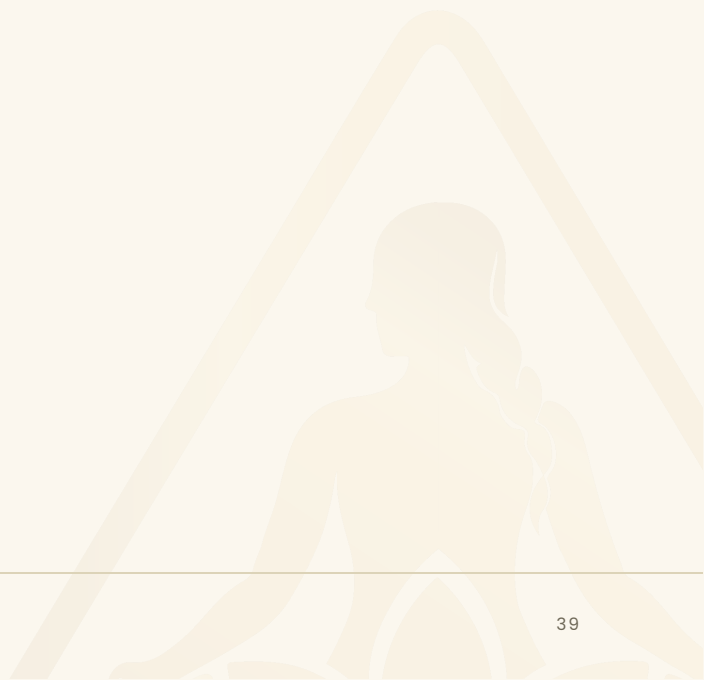
A few honest lines, once a week, reveal changes daily life is too busy to notice.

THIS WEEK, MY BREATH FELT MOST DIFFERENT WHEN...

ONE TECHNIQUE THAT HELPED THE MOST...

WHAT I NOTICED ABOUT MY SLEEP, ENERGY, OR STRESS...

NEXT WEEK, I WANT TO FOCUS ON...





PART EIGHT

Next Steps

*Your questions answered, your safety covered, and an invitation
to keep going.*



CHAPTER 37

Frequently Asked Questions

How soon will I notice a difference?

Many people feel calmer within a single session. Deeper changes in sleep and energy usually build over 2–3 weeks of daily practice.

What if I feel light-headed?

Stop, breathe normally, and return to a gentler pace next time. Never force the breath.

Can I practise more than once a day?

Yes — short, frequent practices throughout the day are often more effective than one long session.

Which technique should I start with?

Begin with Step 1 of the Framework in Part 5 — simple observation — before layering on any specific technique from Part 6.

Do I need any equipment?

None. Every technique in this guide uses only your own breath, anywhere, anytime.

Is this a replacement for medical treatment?

No. This guide supports general wellness alongside, never in place of, professional medical care.

Can children or older adults practise this?

Yes, with gentler pacing. See the Safety Guidelines opposite.

What if I miss a few days of practice?

Simply begin again. There's no penalty for a pause — only benefit in returning, whenever you're ready.

There's no perfect way to begin — only the version of these practices you'll actually return to tomorrow.



CHAPTER 38

Safety Guidelines

- ✓ Never force or strain the breath. Every technique should feel effortful at most, never distressing.
- ✓ If you feel dizzy, light-headed, or anxious, stop and return to normal breathing immediately.
- ✓ If you are pregnant, or living with a cardiovascular, respiratory, or psychiatric condition, consult your physician before beginning breath-holding practices.
- ✓ Practise breath-retention techniques seated or lying down, never while driving, swimming, or operating machinery.
- ✓ This guide is educational and does not replace diagnosis, treatment, or medical advice from a qualified professional.
- ✓ Progress gradually. Consistency over weeks matters far more than intensity in any single session.

Breathwork is powerful precisely because it is gentle. Respect that gentleness, and it will reward you for years.

When To Pause a Practice

Stop immediately if you feel chest pain, sharp discomfort, panic, or significant dizziness. Return to normal breathing and rest before deciding whether to continue.

When To See a Professional

If breathing difficulties, persistent anxiety, or sleep issues continue despite regular practice, please consult a doctor or qualified therapist alongside this guide.



CHAPTER 39

About Saravanan R



Saravanan R (YSR) is the Founder of YogFit Wellness Academy, a Certified Yoga Therapist, and a Yogic Kriya & Neuro Breath Coach. After more than a decade in high-pressure corporate roles, he retrained fully in yoga therapy and breathwork after discovering, quite personally, how disconnected modern life had left him from his own breath.

Today he works with working professionals, parents and organisations to build simple, sustainable breathing and wellness practices — through one-to-one coaching, corporate wellness sessions, and resources like this guide.

"I don't teach anything I haven't first needed myself. That's what makes this work honest."



Certified Yoga Therapist

Formally trained in therapeutic yoga practice and application.



Yogic Kriya Practitioner

Specialised training in traditional breath and cleansing kriyas.



Neuro Breath Coach

Focused study of breath's effect on the nervous system and focus.

WHAT SARAVANAN WORKS ON WITH CLIENTS

- ✓ One-to-one breath and stress coaching for working professionals
- ✓ Corporate wellness sessions and workplace breathwork workshops
- ✓ Group yoga therapy and breathing practice programmes



CHAPTER 40

Invitation to Join the YogFit Community

This guide is a starting point. Real, lasting change happens in community — with guidance, accountability and live practice.

Join the YogFit Wellness Community for:

- ✓ Weekly breathwork tips and live practice sessions
- ✓ Exclusive techniques not covered in this guide
- ✓ A supportive space to stay consistent, together



Website

www.yogfitwellness.com



Instagram & LinkedIn

@yogfitwellnessacademy



WhatsApp & Email

Add your community link and contact email here

Reading this guide is step one. Practising it, even imperfectly, is what actually changes how you feel. I'd love to help you keep going.

A FEW GROUND RULES FOR YOURSELF

- ✓ Return to the 7-Day Challenge in Part 7 whenever you feel your habit slipping.
- ✓ Revisit the Self-Assessment Quiz in Part 3 every few months to track real change.
- ✓ Share this guide with one person in your life who needs it — teaching it deepens your own practice.



THE BREATHING BLUEPRINT™

**Breathe Better.
Stress Less. Live Longer.**