
6. The 9-Minute Breathwork Trio

This worksheet describes a breathing practice that includes three breathing patterns, Square or Box Breathing, Vilome Breathing (the Staircase), and Alternate Nostril Breathing (Nadi Shodhana). Practice each breath for 3 minutes. Together they are a powerful Safekeeper strategies that signals to your cells that it is safe to repair and build mitochondria.

SQUARE or BOX BREATHING

Inhale for four counts, hold for four, exhale for four, and hold empty for four. This steady rhythm helps quiet the fight-or-flight response and encourages your body to shift toward repair mode.

VILOMA BREATHING (THE STAIRCASE)

Inhale for two seconds, pause; inhale for two more seconds, pause; inhale a final two seconds, pause. Finish with one long, smooth exhale. The gentle pauses encourage slower, deeper breathing while improving breathing awareness and oxygen delivery.

ALTERNATE NOSTRIAL BREATHING (NADI SHODHANA)

Close the right nostril and inhale through the left. Close the left nostril and exhale through the right. Inhale through the right, close it, then exhale through the left. Continue alternating sides for three minutes. This traditional breathing practice helps balance the nervous system and often leaves people feeling calmer and more mentally focused.

*From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
