The 5 Pillars for Optimized Breath Flow

Energize, Focus & Calm on Demand



Nose vs. Mouth: Breathe As You're Designed To

Your nose is for breathing, and your mouth is for eating, except during high-intensity sports. Nose breathing improves oxygen efficiency, reduces inflammation, boosts immunity, clears sinuses, improves asthma control, and enhances deep sleep.

Oxygen & Carbon Dioxide

Less is sometimes more. You have enough O_2, what you need is better CO_2 tolerance. Slow your breath, incorporate controlled breath holds. It will boost your endurance and vitality.

Diaphragmatic Breathing: Your Natural Detox

Babies breathe this way because it's natural! Engage your diaphragm to detoxify, energize, and build resilience. Diaphragmatic breathing supports the lymphatic system and serves as your go-to stress relief trick.

Vagus Nerve Stimulation

Tap into your parasympathetic system for "rest and digest". Slight constriction of the back of your throat improves heart health, enhances digestion, stabilizes emotional response, supports sexual function and balances mood.

The 3P Formula: Pace, Posture, Position

Master the 3P's: pace your breath, align your body and posture. This isn't occasional or reactive, but a lifestyle for optimal breath flow, even if an ideal 3P isn't always possible in some sports like cycling, wrestling, climbing ...

Try resting the tip of your tongue lightly against your upper palate, just behind your front teeth, while keeping your jaw relaxed.

BREATHIA™
Breathe Better Now



Mila Popovic Geoui

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