



Tom
Robinson

Key Takeaways

- 1- Breath is made up of two components
 - Intake- Is the process of breathing air in and out of our lungs
 - Uptake- Is the process that delivers oxygen from our lungs to our blood stream and then to trillions of cells in our body.

Key Takeaways

- 1- Breath is made up of two components
 - Intake- Is the process of breathing air in and out of our lungs
 - Uptake- Is the process that delivers oxygen from our lungs to our blood stream and then to trillions of cells in our body.
- 2- Our intake is too high and our uptake is too low

Key Takeaways

- 1- Breath is made up of two components
 - Intake- Is the process of breathing air in and out of our lungs
 - Uptake- Is the process that delivers oxygen from our lungs to our blood stream and then to trillions of cells in our body.
- 2- Our intake is too high and our uptake is too low
- 3 When we over breathe, we are lowering the oxygenation of our cells

Key Takeaways

- 1 -Nasally

Key Takeaways

- 1 -Nasally
- 2- Diaphragmatically

Key Takeaways

- 1 -Nasally
- 2- Diaphragmatically
- 3- Slowly
- What is the goal?
- Under 10 breath cycles per minute, ideally 6-8 Diaphragmatic, Nasal breaths.

Key Takeaways

- 1- Awareness of the breath helps anchor us in the present moment

Key Takeaways

- 1- Awareness of the breath helps anchor us in the present moment
- 2- Are you breathing

Key Takeaways

- 1- Awareness of the breath helps anchor us in the present moment
- 2- Are you breathing
- 3- Generate as many pauses as you can through out your day and check in.
 - -Natural Pauses
 - -Unexpected Pauses
 - -Created Pauses

The Art of Contemplation

Richard Rudd

- Fear is just physical sensations in the body. Sit with this fear and give it your full attention
- Ask yourself Why
- “I breathe therefore I prosper. As we grow from children into adults we gradually develop unconscious stress patterns in the body and mind that prevent us from breathing deeply. As you imbibe the secrets in this book, you will learn once again to breathe deeply, breath is equivalent to freedom, the deeper we breathe the freer we feel.”

- “Your breath is your greatest teacher. Listen to it”