

30 • 60 • 90 • REG-001 • 1/2

[Make notes • Make it yours > >]

Quick downshift rep.

30 sec 3–5 slower breaths

60 sec Settle shoulders

Longer exhale Reduce pace slightly

90 sec Stay with the rhythm

Notice what changes

Suggested cadence: • 5 in / 5 out • 6 in / 4 out • or your own steady pace

Steady your own pace.

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3 • 6 • 9 • REG-001 • 2/2

[Make notes • Make it yours > >]

Pick a breath anchor: • breath sound • longer exhale

• chest rise • belly movement • nose airflow

Then pick: • 3 breaths • 6 breaths • 9 breaths if time

No perfect technique required.

Return attention to the next breath cycle.

Small regulation reps count.

Situation Use Notes ^^^^

In charge of breath. More in charge of the moment.