



7-DAY BREATH HOLD CHALLENGE

DAY 1:

:

DAY 2:

:

DAY 3:

:

DAY 4:

:

DAY 5:

:

DAY 6:

:

DAY 7:

:

INSTRUCTIONS

Print & Paste on your fridge
Follow the breathing exercises taught in the videos
Note down your best time for the day
Share on social media (if you want)



Breatheology

The Study, Learning
& Understanding of Breathing