



STOP DROP and Breathe

A 3-min breathwork practice
to reset mind + body.

Why Breathwork?

It is the fastest way
to rebalance your
mind and body
to feel better.

It's not magic.
It's science.

HOW THE BREATHWORK CHALLENGE WORKS:

[Click here](#) to watch and learn the practice.

[Click here](#) to listen and learn the practice.

[Click here](#) to submit your log sheet and receive your PRIZE.

STOP STAND UP AND GET REALLY STILL

MINUTE 1 Notice how stillness feels.
Count slowly to 60.
This helps to feel grounded and calm.

DROP YOUR ATTENTION TO YOUR BODY

MINUTE 2 Begin to notice any sensations in your
body, your feet on the floor, your heart
beating. Notice your breath, but don't
change it in any way.
This helps to focus your attention.

Breathe BEGIN SLOW, DEEP BREATHS

MINUTE 3 With your mouth closed, inhale and slowly
count to 5. Exhale and slowly count to 5.
Repeat this 5 times, seeing if you can get a
bit slower each round. Notice where your
body begins to soften. Notice the energy
your breath brings to your whole being.
This helps balance your nervous system.

YOUR 30-DAY BREATHWORK CHALLENGE LOG SHEET

START DATE _____

Commit to the practice for 30 days in a row.
Put a ✓ for each day completed, like THIS! →



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30