

# Rhythmic Breathing Recordings

Rhythmic breathing sequences are listed below. There is a distinct beep signaling a change of rhythm.

## Recording 1:

Max: 8-16-8-4, for beginners

Time: 19 minutes

**4-2-4-0 6X**

**8-4-8-0 6X**

**8-8-8-2 8X**

**8-12-8-4 8X**

**8-16-8-4 8X**

**8-8-4-0 8X**

## Recording 2:

Max: 8-20-8-4

Time: 23 minutes

**4-4-4-4 6X**

**6-6-6-6 6X**

**8-8-8-4 6X**

**8-12-8-4 6X**

**8-16-8-4 6X**

**8-20-8-4 6X**

**8-8-8-4 4X**

**6-6-6-6 4X**

**4-4-4-4 4X**

## Recording 3:

Max: 12-16-12-8

Time: 19 minutes

**8-4-8-0 4X**

**12-6-12-0 6X**

**12-8-16-4 6X**

**12-12-12-8 6X**

**12-16-12-8 6X**

**8-4-8-0 3X**

## Recording 4:

Intermediary: 8-32-8-4

Time: 35 minutes

**4-4-4-4 6X**

**4-6-6-4 6X**

**4-8-8-4 6X**

**4-12-8-4 6X**

**4-16-8-4 6X**

**6-24-8-4 8X**

**8-28-8-4 8X**

**8-32-8-4 8X**

**8-8-8-8 4X**

**6-6-6-6 4X**

**4-4-4-4 4X**

## Recording 5:

Advanced

Max: 8-48-8-4 and 8-32-16-8

Time: 1 hour

**4-8-8-4 6X**

**4-12-8-4 6X**

**4-16-8-4 6X**

**6-24-8-6 6X**

**8-28-12-88X**

**8-32-12-88X**

**8-32-16-88X**

**8-36-12-86X**

**8-40-12-46X**

**8-48-8-4 8X**

**8-8-8-8 4X**

**6-6-6-6 4X**

**4-4-4-4 4X**