

# THE ONE BIT OF KIT THAT'S ALWAYS WITH YOU: WHERE TO START WITH BREATHWORK

LIZ LOWE

We train and stretch our bodies, so why not our breathing apparatus? Good breathing is important for overall wellbeing, but functional breathwork teacher Dan Peppiatt suggests focusing on the basics before exploring more complicated methods: 'What we should be most concerned with are our

current poor breathing habits – if we rectified some simple problems to allow us to breathe more efficiently, we would probably be a lot happier mentally and physically.'

Dan's key recommendations, taken from his AQUAS framework, suggest optimal breathing should be:

1. **Adequate** – using just enough air and avoiding overbreathing
2. **Quiet** – neither noisy nor forced (note, this doesn't refer to vigorous exercise)
3. **Unattached** – remaining unchanged in stressful conditions
4. **Abdominally driven** – avoiding shallow breathing (which can be exacerbated by slumped or hunched posture, or restrictive clothing)

Simply sitting and breathing following these guidelines for a few minutes makes for a calming breathwork session. Breathe through your nose rather than your mouth and let the air expand your belly. Notice how the air feels as it enters and leaves your body.

Setting reminders to check in with your breathing throughout the day can help build better habits, and better breath awareness in the water will likely follow.

## RESOURCES:

Dan Peppiatt runs Functional Breathwork Immersion courses, with the next one scheduled for June 2024. Find out more at [yogalikewater.com](https://yogalikewater.com)