



**Tim van der Vliet: Breathing Techniques For A Stronger Immune System**



Tim is a Wim Hof Method teacher, breath coach, author, father of 5 and the creator of Body Zen and Power of Breathing. Tim is best described as a “Freedom Teacher” and believes that wherever you are in your path, it is always possible to attain some kind of freedom. In this session, experience a breathing session for yourself and receive the benefits.

**TOP EMBODIMENT TIP:**

Breathe slowly. If you are able to slow down your breathing you will live a new life.

**The Autonomic Nervous System: Our Automatic Response**

- The autonomic nervous system is divided into two parts; the **sympathetic** (fight/flight) and **parasympathetic** (rest/digest) and it governs our **stress response** - heartbeat, adrenaline production, blood vessels opening and widening, temperature control, and hormonal release.
- The sympathetic nervous system is where our stress is; but also, where our energy is.
- Most average doctors would probably tell you that to influence the autonomic nervous system you would need to take pharmaceutical drugs. But there is another way.

**The Breath: Our Super Human Power**

- One thing that sets us apart from other mammals and animals in general is that **we can consciously change our breathing** by slowing it down, holding it or breathing deeper.
- Breath is a fully autonomic action, yet when we consciously change our breathing it's like a **tuning dial** that allows us to move up and down the spectrum between sympathetic and parasympathetic.

**Less Stress: More Happiness**

- To put it simply, the key to less stress and a better life is to learn how to slow down your breathing.
- Breathing practices will make you healthier, live longer, look younger and strengthen your immune system.
- **1:2 breathing - breathing in and then breathing out twice as slowly** is the most simple technique to engage the parasympathetic nervous system and relieve stress.

**TT Breathing: Tim's Method**

- Tim guides us through his method which is a powerful mix of all the Wim Hof methods into one.

**Resources:**

- ❖ **Courses:** 5-day “Body Zen Course” (normally 25 euro) now for free with coupon code “WARK”; 13-week Body Zen Online Course (normally 144 euro) now for 27 with Coupon Code “EMBODI”; The 5 Tibetan Rites, reverse the aging process - temporarily for free on Youtube.
- ❖ **Website:** [www.timvandervliet.com](http://www.timvandervliet.com) **Youtube:** [www.youtube.com/timvandervliet](http://www.youtube.com/timvandervliet)



❖ **References:** Wim Hof, 5 Tibetan Rites

## Tim van der Vliet





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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