



**Sasha Yakovleva: Buteyko: Science & Art of Breath for Health**



Sasha Yakovleva is a highly trained Buteyko Breathing Practitioner, an expert in Russian healing arts, and founder of [breathingcenter.com](http://breathingcenter.com). Discover how to use your breath to reduce stress, support your evolution, and achieve optimal health.

**TOP EMBODIMENT TIP:** Train yourself to breathe like you are meditating, all the time.

Breathe through your nose, breathe quietly, breathe peacefully.

**Buteyko Method: A New Health Philosophy**

- Through years of study, Dr. Buteyko discovered that modern people chronically overbreathe, resulting in decreased levels of carbon dioxide in the lungs.
- Our dysfunctional breathing patterns are a result of our modern lifestyle, which is based on constant comfort, rather than the sustained daily activity of life in the past.
- The effects of insufficient carbon dioxide levels can lead to lifestyle diseases and disorders such as asthma, allergies, sleep apnea, blood pressure problems, and diabetes.

**Carbon Dioxide: The Main Regulator of Bodily Functions**

- In the Buteyko philosophy, carbon dioxide is synonymous with life force energy, also known as prana, chi, or vitality.
- Dr. Buteyko sought to bridge the gap between modern medicine and the breathwork practices of ancient esoteric traditions, such as yogic pranayama.
- The more carbon dioxide is present in our lungs, the healthier we are on all levels: body, mind, and spirit.

**Breathe Less: Characteristics of Healthy Breathing**

- Always breathe through the nose. Mouth breathing should be reserved for life threatening situations only.
- Breathe invisibly. There should be no outward physical indication that you are breathing. Your shoulders, chest, and belly should be still and relaxed.
- Pause automatically. Rather than each breath continuing immediately into the next, there should be a slight pause at the end of every exhale, before the next inhale begins.
- Carbon Dioxide levels remain high. The correct level of carbon dioxide in the lungs regulates our susceptibility to respiratory diseases. This is particularly important in relation to the current worldwide outbreak of COVID-19.

**Resources**

- ❖ **Books:** *Breathe to Heal, 2016*
- ❖ **Courses:** [Buteyko Breathing Step-by-Step](#)
- ❖ **Website:** [Breathing Center](#)
- ❖ **Email:** [sasha@breathingcenter.com](mailto:sasha@breathingcenter.com)



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