



**Anders Ollson: The Conscious Breathing Method to Improve Your Health and Well-Being**



Anders Olsson is a leading expert, author, lecturer and founder of the Conscious Breathing Concept. He has helped tens of thousands of people to an improved quality of life and has trained more than 1000 Conscious Breathwork Instructors. Enjoy his PowerPoint presentation with scientific facts about the influence of breathing on sleep, energy, stress and health.

**EMBODIMENT TIP:** Use closed-mouth-breathing and longer exhales to synchronize mind-brain, heart-brain and gut-brain.

**Experience:** In our breath lies the power to change our lives.

- Anders story: Before I found conscious and healthy breathing, I was making myself and the people around me stressed out. I had fear and worry, a short fuse, poor self-confidence, restless sleep, sleepwalking, and allergies.
- If we have good breathing, we lay the foundation for good thoughts, balanced emotions, good actions and a body that doesn't stop us from doing what we want.
- Improving breathing is one of the fastest and most efficient ways to improve health, wellbeing, energy and harmony. It is a free and powerful way, and we can practice it in any situation.

**Unhealthy:** Watch out for indicators of poor breathing habits.

- Indicators: Shallow chest breathing, over-breathing, breathing too fast, clearing your throat often, holding the breath while concentrating, talking fast (means also breathing fast), taking big breaths before about to say something, keeping mouth open while exercising, breathing fast and shallow when stressed, snoring while sleeping.
- Breathing is a direct reflection of our posture, emotions, thoughts, physical body and actions.

**Healthy:** Good breathing habits trigger the parasympathetic system, which is our 'rest and digest' system.

- Nose-breathing. The nose prepares the air for the lungs: The nose warms and moisture in the air and filters out bacteria, viruses and other particles. If you breathe through the mouth the air comes in all of sudden and cold.
- Low breath. That means we should use our main muscle for breathing: the diaphragm.
- Slow breath (no more than 6-12 breaths per minute)
- Erect posture (giving room for the diaphragm)
- Rhythmic (breathing in a harmonious way, without breath holds)

**Resources**

- ❖ **Books:** *Conscious Breathing: Discover The Power of Your Breath*
- ❖ **Blog:** [Good Breathing Habits](#)
- ❖ **Courses:** [Conscious Breathing Basic Course](#) and [Conscious Breathing Instructor Course](#)
- ❖ **Website:** [www.consciousbreathing.com](http://www.consciousbreathing.com)
- ❖ **Social:** Instagram: [@consciousbreathing](#) Facebook: [@ConsciousBreathing](#)  
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## Anders Ollson





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