

A SHORT BREATH PRACTICE | RESONANCE BREATH

For nitric oxide release, calm descent, and sleep support.

This practice boosts nitric oxide for better oxygen uptake. Slow exhales prevent CO₂ loss at altitude, while humming opens the nose and calms the system, preparing the body for sleep.



By Emily Shaw | www.ama-veda.com

1. **Close Mouth** → Switch to nose breathing only.
2. **Long, Slow Exhale** → Out through the nose for a count of 6.
3. **Tiny Hold** → Pause gently for 2–3 seconds at the end of the exhale.
4. **Inhale Softly** → In through the nose for a count of 3.
5. **Hum on the Exhale** → A gentle “mmm” until the breath empties (aim for count of 6).

The Breath Pattern:

Inhale 3 → Exhale 6 with a hum → Hold 2–3 (bottom).

Repeat → Continue for 5–10 rounds.