

Subtle breathing technique

Hello and welcome to the Horsefulness Training Podcast. I'm Karine Vandendorre, I'm a professional horse trainer and instructor, founder of Horsefulness Training and creator of the online Horsefulness Training Programs.

In this episode of the Horsefulness Training Podcast, I'm going to guide you during the "Subtle Breathing Technique".

This is a technique that will help you to destress, to calm down and to feel soft in body and mind.

Are you ready?

Music

In times like these, where there is a lot of anxiety, insecurity, and stress, it's so important to take care of ourselves. To stay calm, and to connect with ourselves. And our breath is a very good tool to help us with that.

This subtle breathing technique is therefore perfect if you feel you need to destress, to calm down, to feel more secure.

But it's also perfect to do before you go and meet your horse. Or even when you are with your horse, in his field for example, during Bonding Time. For those who do not know: Bonding Time is the first connection exercise from Horsefulness Liberty Training.

If you do this subtle breathing in the presence of your horse, your horse will feel you becoming calmer and softer and there's a lot of change your horse will come and stand near you, because it feels good to be in your presence when you are in this calm state.

If you don't feel at ease in the field with your horse in liberty, then just sit on the other side of the fence.

Ok, now pause the recording, and find yourself a quiet and comfortable place to sit before you continue

Are you seated? Be sure to turn off your phone and ask other people to not disturb you. Be sure you are warm enough and that you sit comfortably.

Keep your back straight, rest your hands in your lap. Now close your eyes. This is your time. It's your time to breathe. It's your time to relax.

Take a long but slow breath in through your nose, always breathe through your nose and then exhale very slowly.

Inhale again, through the nose, slowly and exhale slowly. And allow any tension to melt away as you gradually relax more and more with each breath.

Take another long slow, breath in and then exhale while letting go of tensions in your body.

Take a next long breath in. Take your time for it. and release your breath, release any tensions,

You can already feel yourself drifting towards that calm state

Now continue breathing more natural, breathe in, and breathe out and repeat this, breathing in, breathing out, and little by little, make your breathing less big, less long, less visible, with less noise, more subtle.

Continue to breathe slowly, gently, and silently. Feel your breath coming into your nose, feel the air flowing at the back of your throat downwards. You can feel a cold sensation there. then breathe out again, no noise, no movements, very gently, very subtle.

Keep breathing very subtle like that, trying to not make any noise, trying not to move, only your belly is going slightly up and down as you inhale and exhale,

Keep your chest still, only breath very subtle towards the belly.

Now continue this subtle breathing on your own for the next few minutes. Not moving, not making noise, only very subtle and almost invisible breathing

You are now peaceful in your mind, and soft in your body.

You can now slowly open your eyes and enjoy how you're feeling right now.

This subtle breathing technique is inviting you to connect with the subtle movements and sensations of the breath. It's inviting you to slow down, to pause, to take a moment for yourself.

A lot of people think that to relax they need to breathe in and out deeply. But that is a very big misconception. The subtle breathing technique is much more powerful when it comes to calmness and relaxation than the full breathing techniques people often refer to.

this subtle breathing technique is a technique you can practice several times a day Especially if you feel stressed this subtle breathing to calm yourself down.

I also use it in my work with horses. with nervous or tensed horses it really does miracles.

Ok, that's it for now. Thank you for listening to this episode about the subtle breathing technique and I encourage you to subscribe to i-tunes or your favorite service and please leave your comments and reviews. That way you too can help to spread the Horsefulness

Training philosophy!

Thanks again for being here, and as always keep the following important message in mind:

Care for your horse, connect with your horse and make a difference in your horse's life.
Because your horse only lives once, and you're the one who can make sure it's worth it!