

***7-Day
Breathwork
Program***

A Note from Someone Who's Been Through the Fire

Hey, I'm Mylee — and before we dive into breathwork, I want you to know something upfront.

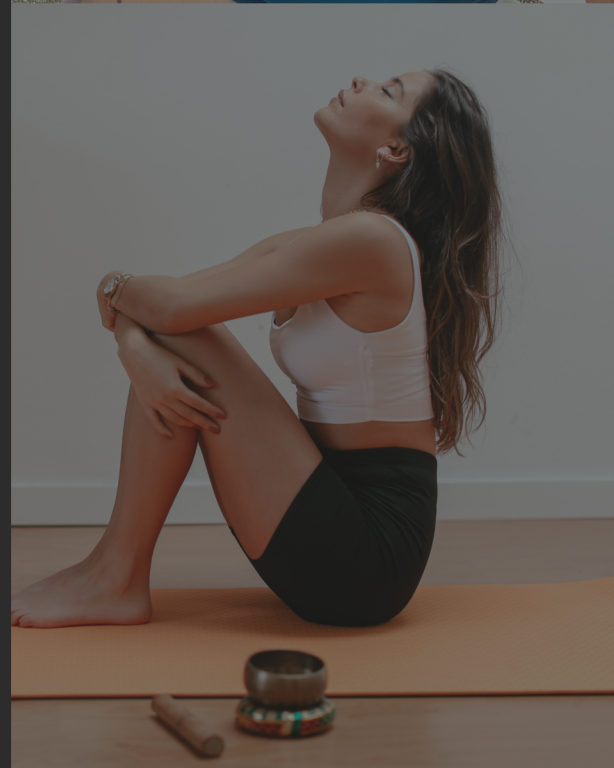
I'm not a coach who learned this stuff from textbooks or wellness retreats.

I learned it from surviving things I never thought I'd crawl out of.

I was sexually abused at 10.
I battled eating disorders, addiction,
anxiety, depression.
I fell into relationships that broke me —
mentally, emotionally, physically.

I lived years feeling worthless, angry,
disconnected, and constantly trying to
outrun my own past.

Then I lost my mum in January 2025.
And that grief cracked me clean open.



A Note from Someone Who's Been Through the Fire

I made her a promise:

I'll take the pain that tried to destroy me
and turn it into something that heals
others.

Breathwork wasn't just a "tool" for me.

It was the thing that stopped me
spiralling.

It was the first time I felt calm in my own
body.

It was the way I rebuilt myself — breath
by breath, day after day.

So yeah... this isn't just a program.

It's personal.

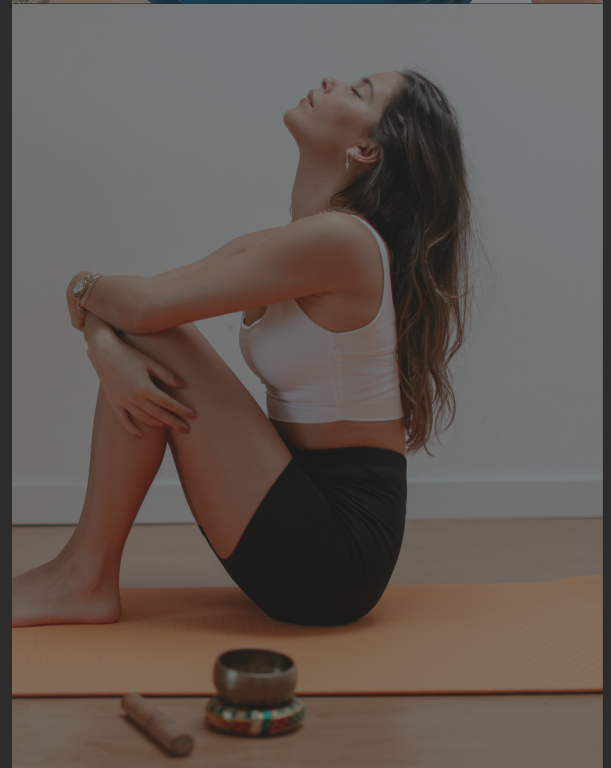
It's my story, my survival, and my soul in
seven days of support.

And if you're reading this?

You're not alone anymore.

Let's breathe your way back home.

— Mylee



Why Breathwork Saved My Life (And How It Can Change Yours)

You might not realise it yet, but your breath tells the truth long before your mind does.

When you've lived through trauma, stress, burnout, or just years of being the strong one for everyone else – your nervous system never really switches off.

You end up breathing fast, shallow, tense, always on alert.
I know that state like the back of my hand.

What breathwork gave me was something I didn't know I needed:

- Safety.
- Clarity.
- Control.

A way back into my body without feeling panic.

It helped me stop reacting to life and start responding.

It gave me the power to regulate myself instead of falling into old patterns.

And eventually... it helped me rebuild the life I have now.



This 7-day program is the same foundation I used.

Simple enough for beginners.
Strong enough to change the way you feel – fast.

By the end of these 7 days, you'll:

- feel calmer in your own body
- breathe more efficiently
- think more clearly
- sleep better
- regulate stress without spiralling
- feel more grounded, steady, and in control
- finally understand how powerful your breath is

This is your starting point.
Not your finish line.



Learning the Basics

Did You Know?

Most People Do Not Breathe Efficiently.

The manner in which you breathe significantly influences your performance, recovery, and overall well-being. However, many individuals unknowingly adopt inefficient breathing patterns.

Shallow Chest Breathing – Breathing into the chest rather than the diaphragm results in suboptimal oxygen exchange and reduced efficiency.

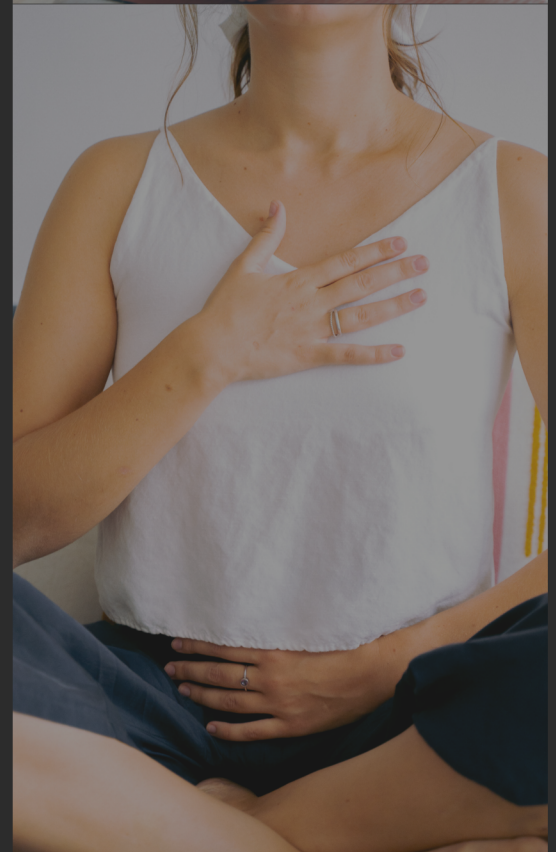
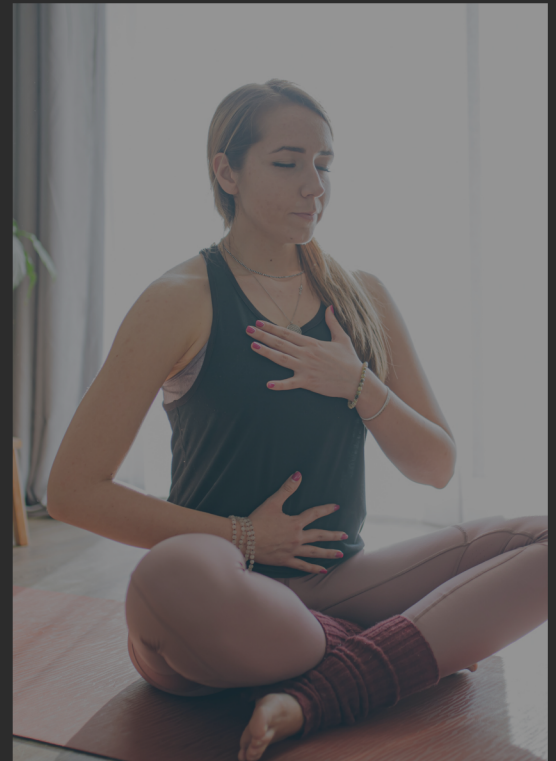
Mouth Breathing – Breathing through the mouth, particularly at rest, can lead to hyperventilation, increased stress levels, and diminished oxygen delivery to muscles and organs.

Uncontrolled, Rapid Breathing – Elevated breathing rates, often due to stress or poor habits, maintain the body in a low-level fight-or-flight state, depleting energy and impairing recovery.

Incomplete Exhales – Inadequate exhalation traps stale air in the lungs, limiting fresh oxygen intake and decreasing overall breathing efficiency.

Despite its importance, many people overlook their breathing patterns. Proper breathing techniques can unlock new levels of endurance, strength, and focus.

Are you prepared to take control of your breath and maximize your potential?



Day 1: Diaphragmatic Breathing (Belly Breathing)

Technique:

Sit or lie down, place a hand on your belly, and take slow, deep breaths. Feel your belly expand as you inhale and contract as you exhale.

Benefits:

Promotes relaxation, improves lung function, and increases oxygen intake.

When to use this breathing technique:

Use this technique to start your day with calmness or to unwind before bed.



Day 2: Nasal Breathing



Technique:

Breathe only through your nose while walking at a comfortable pace.

Benefits:

Enhances oxygen efficiency, builds endurance, and stabilizes heart rate.

When to use this breathing technique:

Practice this while taking a walk or during light jogging.

Day 3: Exhaling on Effort

Technique:

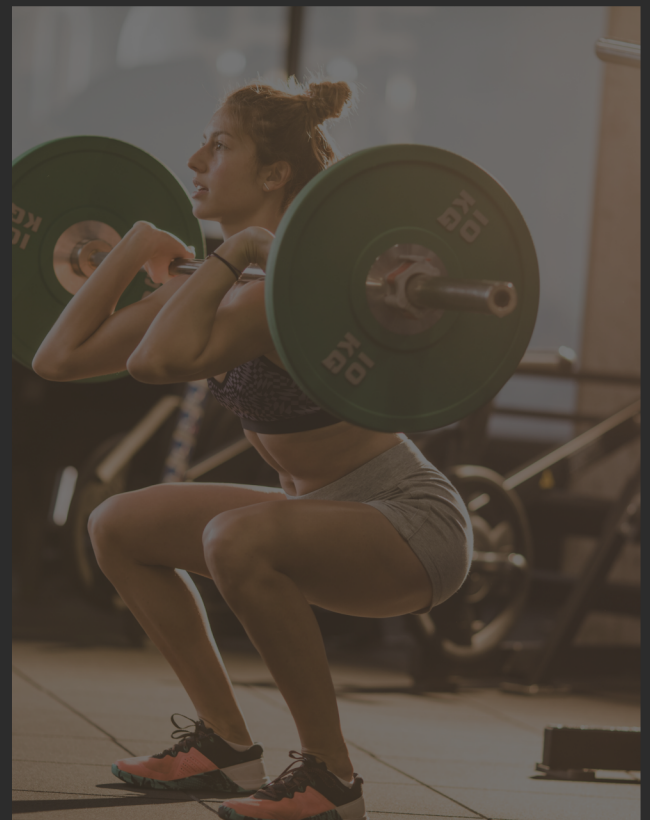
When lifting weights or doing bodyweight exercises (e.g., squats, push-ups), inhale before the movement and exhale as you exert effort.

Benefits:

Provides core stability, prevents energy leaks, and improves power output.

When to use this technique:

Use this technique during strength training sessions.



Day 4: Long Exhales



Technique:

As you stretch, inhale deeply and exhale twice as long to relax your muscles.

Benefits:

Increases flexibility and promotes deeper muscle relaxation.

When to use this technique:

Incorporate this into your stretching routine after workouts.

Day 5: Breath Control

Technique:

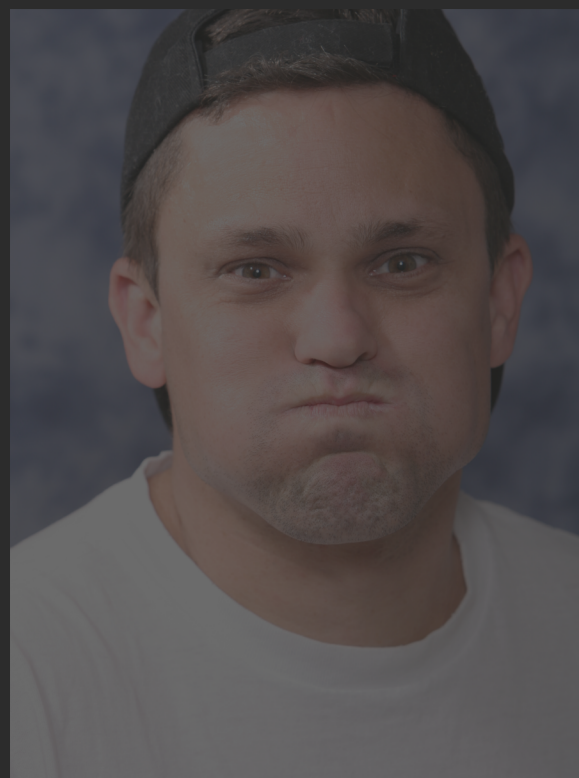
Inhale for 3 steps, exhale for 3 steps while jogging at a light pace.

Benefits:

Builds lung capacity and improves oxygen utilization.

When to use this technique:

Practice this during walking or light jogging sessions.



Day 6: Progressive Relaxation Breathing

Technique:

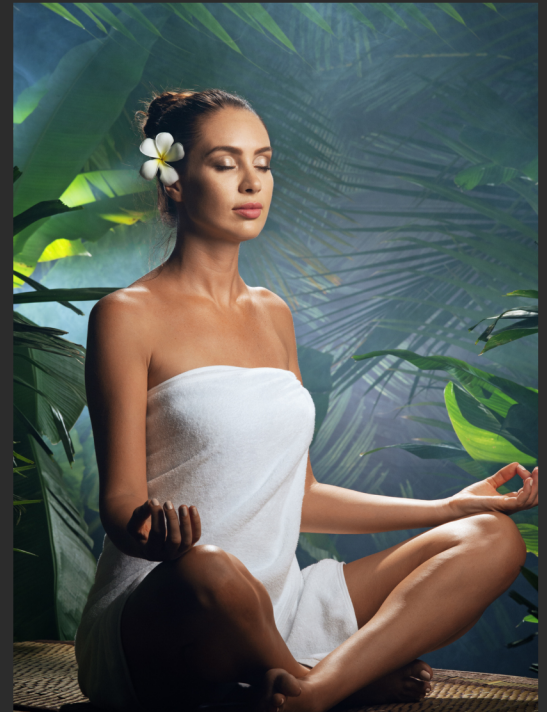
Breathe deeply and focus on relaxing each muscle group, from head to toe, as you exhale.

Benefits:

Speeds up recovery and reduces muscle tension.

When to use this technique:

Use this technique during recovery periods or before sleep.



Day 7: Controlled Breathing



Technique:

Inhale through your nose for 5 seconds, exhale through your mouth for 5 seconds, and repeat for 5 minutes.

Benefits:

Helps the body transition from exertion to relaxation.

When to use this technique:

Practice this during cool-downs after workouts or before bed.

Thank You

Thank you for taking the time to download this breathwork guide. From Combat Breathwork Solutions, we couldn't be more grateful for you taking time to invest in yourself and your wellbeing.

Your journey with breathwork doesn't end here! We offer a variety of other online programs designed to assist you in various aspects of your health and well-being.

Breathwork is continually evolving due to its positive impact on mental health and overall well-being.

Our passion is to teach others how to harness the power of their breath in daily life, enabling them to handle any situation, not just in martial arts.

I wish you all the best on your new breathwork journey as well. If you have any questions or need further assistance, feel free to reach out. Keep breathing and stay strong!

With *Love*,
Mylee

