


Breathe into Renewal

A Daily Breathwork Checklist




Athena Blue


Morning Rise & Ground

- 3 deep belly breaths before leaving the bed
 - Set a gentle intention for the day
 - 5-minute conscious breathing (in through the nose, out through the mouth)
 - Drink water mindfully — one slow sip at a time
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Midday: Center & Regroup

- 2-minute breathing reset (box breathing or 4-7-8 method)
 - Stretch arms, neck, or spine
— breathe into the movement
 - Say aloud or silently: “I return to my breath. I return to myself.”
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Evening Release & Restore

- 6 slow, connected breaths to calm the nervous system
 - Write down one thing you're letting go of today
 - Place hand on heart and say:
“I did my best. I am enough.”
 - Optional: Play calming music and breathe with closed eyes
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When Overwhelmed or Disconnected

- Breathe in for 4 counts... hold for 4... exhale for 6
- Place your feet on the ground — feel their support
- Whisper: “All is well in this moment.”
- Remember: The breath always brings you home.

Ancestral Breath Energy
Ancient Wisdom, Empowered Breath