



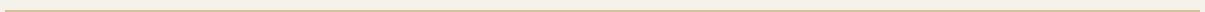
ISAAC MULLINS

A SIX-WEEK COURSE

BREATH

Breathing for a Calmer Nervous System

Functional breathing, awareness and everyday steadiness



Before You Start

These practices work well alongside the asana (yoga posture) practices found in the [Library](#) on Isaac's website.

Modern life is full of stressors that can trigger the sympathetic nervous system — the fight, flight or freeze response — and keep it switched on long after the moment has passed. The body evolved to meet short bursts of stress followed by recovery, but the pace of modern life rarely allows for that recovery.

When the body responds to everyday pressures as though they were threats to survival, the cost accumulates. We become more irritable, more depleted, and eventually exhausted. Learning to relax consciously, and to return the body to balance, is therefore not a luxury but a necessity.

This course is designed to bring the body and mind back into balance, and to return to you a sense of autonomy over your own physical and psychological wellbeing.

How to Approach the Course

Practise as regularly as you can — ideally most days of the week. A strong body and a calm mind are built through habit: first we create our habits, and then our habits create us. If you want to feel more relaxed, more energised or more content, it helps to build the practices that support those qualities into daily life.

If daily practice isn't realistic, do what you can. Three or four times a week is still valuable; the more you put in, the more you receive. Equally, don't let the practice become another source of pressure.

Although it is laid out as a six-week course, you can move through it at whatever pace suits you, and return to any week for as long as you like. There is nothing wrong with staying on one week for a month or more if you are still enjoying it, or don't yet feel ready to move on.

Never force. Listen to your body, and go at your own pace.

Breathing Practices

There are many ways to relax and to sharpen focus and energy, but one is always available: the simple, automatic act of breathing. Through the regular practice of conscious breathing, we can retrain and rebalance the nervous system, so that the body stays calm in demanding circumstances rather than reacting to a minor pressure as though it were a genuine threat.

When the breath is shallow, thinking tends to be scattered and superficial. You can notice this for yourself: when the breath is shallow, the mind is usually busy, and few of those thoughts carry much weight. When the breath is laboured, thinking is more often driven by fear and anxiety.

Relax and breathe deeply and consciously, and the mind becomes calmer and more centred; you begin to rest in the body. The breath reflects the state of your being, and it is also one of the most powerful tools we have for returning to calm and vitality.

Breathe consciously to support the immune system, to balance the nervous system, to steady the mind, or simply to find more energy. These practices can be used at any point in your day, whenever you feel the pull towards equanimity.

WEEK SIX

Kindness

This week we focus on kindness — including kindness towards ourselves, and towards the breath.

The breathing practice this week is gentle and forgiving. Rather than striving for a particular result, we let the breath settle into an easy, sustainable rhythm, and allow its effects to unfold in their own time.

Breathing 6 — Coherence Breathing

This is one of the simplest and most effective breathing practices. By slowing the breath to a gentle, steady rhythm, we create the conditions for the body and mind to become more settled, balanced and responsive.

Research suggests that breathing at around five to six breaths per minute can support heart rate variability, improve the coordination between the heart and lungs, and encourage a calmer physiological state. Rather than trying to breathe deeply, the emphasis is on breathing smoothly, comfortably and with enjoyment.

Although the practice is simple, its effects can be profound when practised regularly. It cultivates steadiness, improves resilience to stress, supports emotional regulation, and provides a reliable anchor whenever life feels busy or overwhelming. As with all breathing practice, the aim is not to achieve a particular state, but to develop a better relationship with the breath through regular, attentive practice.

In Everyday Life

Use coherent breathing as a daily anchor — a few minutes at five to six breaths a minute whenever life feels busy.

GUIDED PRACTICE

Coherence Breathing

Watch or listen: [Coherence Breathing](#)

Notes & Reflection

How does slow, coherent breathing at five to six breaths a minute leave you feeling? Where might it serve as an anchor in your week?
