

COLD WATER IMMERSION WORKSHOP



EXPECTATIONS


- Relaxed breathing techniques
- Control autonomic toning /stress response
- Breathing to manage discomfort / stress
- Mammalian dive response
- Cold shock response
- More skilful breathing
- Resetting nervous system
- Greater self-awareness and self-control

WHY CWI ?

- Develop the mind body breath connection
- Autonomic control
- Improve ability to down regulate ANS
- Improve response to stress

EVERYTHING IMPACTS OUR BREATHING

- Blood chemistry
- Nervous system
- Vagus nerve
- Digestive system
- Emotions
- Movement / mechanical function



PRACTICAL DRILL - PSYCHOPHYSIOLOGY

- Self-Awareness – how our breathing impacts how we feel
 - What do you feel mentally and physically during the following?
1. SUPERVENTILATION (60 SEC)
 2. NASAL BREATHING (60 SEC)

RECURRING FEEDBACK LOOP

BREATH

MIND

BODY

BREATHING GEARS

- Gear 5. Mouth inhale and powerful mouth exhale – superventilation – strong rapid gas turn over.
- Gear 4. Power nasal inhale and long, controlled and relaxed mouth exhale – superventilation – increased work intensity increasing.
- Gear 3. Power nasal inhale and power nasal exhale – faster, nasal bellows type breath.
- Gear 2. Powerful nasal inhale and controlled and relaxed nasal exhale – nasal superventilation.
- Gear 1. Controlled nasal inhale , nasal exhale - easy lower stress activities.



VOLUNTARY CYCLIC SIGH

How to perform a voluntary sigh (pronounced version of Gear 4)

1. Double or extra-large inhale through the nose in one single action
2. Slight pause at end of inhale
3. Long, controlled and powerful exhale (mouth / nose).
4. Max 3 reps

FULL LUNG BREATHING



SEQUENCE

1. 360 ° expansion
2. Stomach (2min)
3. Ribs (2 min)
4. Chest (2 min)
5. STOMACH / RIBS / CHEST (2 min)

RESONANT FREQUENCY BREATHING

A woman with blonde hair is lying on her back in a lush green field of tall grass and small white flowers. She is looking up at the sky with her eyes closed. A monarch butterfly is perched on her nose. The scene is bathed in warm, golden light, suggesting a sunny day.

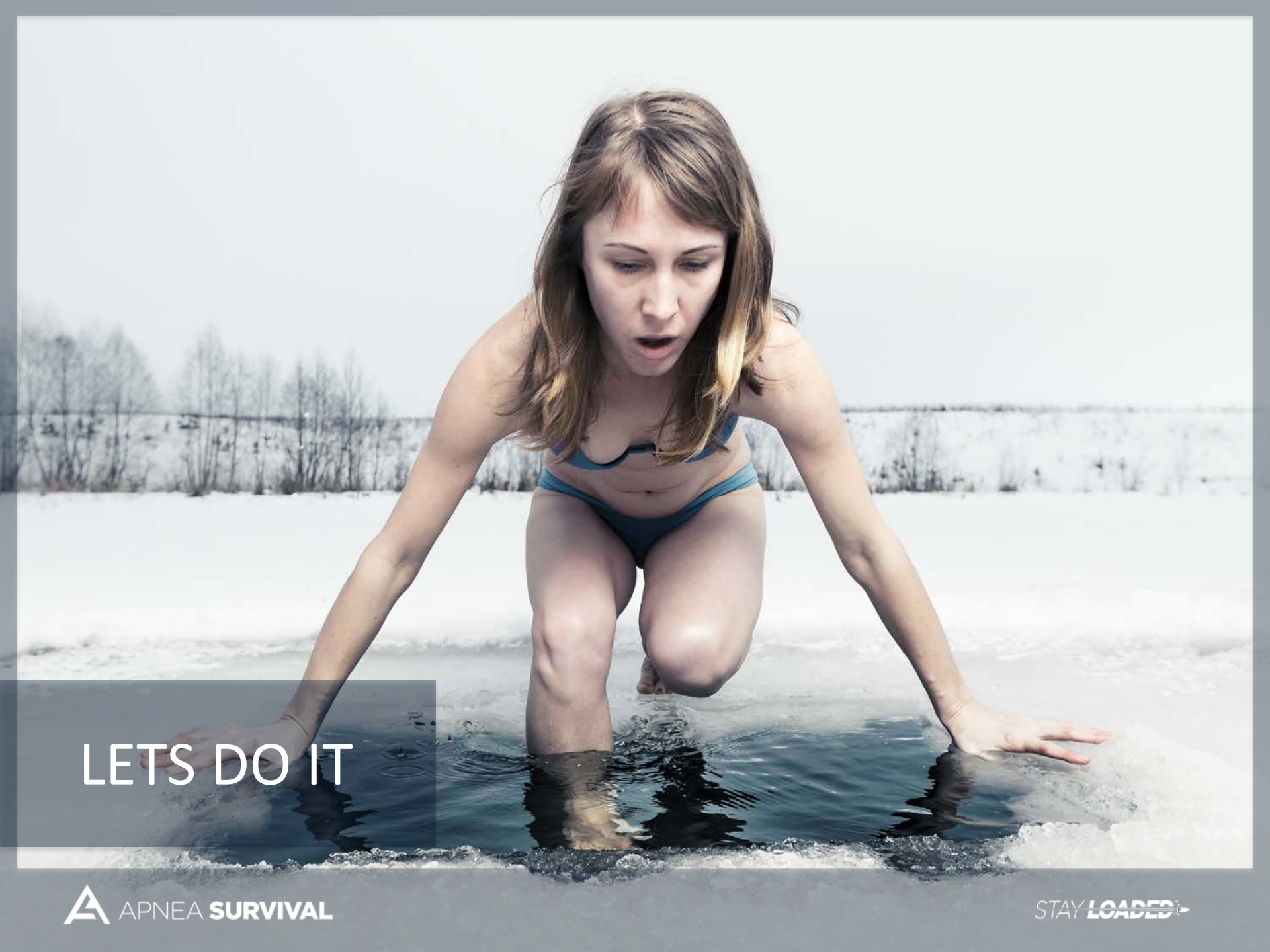
1. Slow relaxed
2. Nasal
3. < 6 breath cycles per minute

PRE - COLD IMMERSION BREATHING DRILL

NERVOUS SYSTEM RESET

- Nasal / Mouth -superventilation (60 sec)
- FRC - Exhale hold (60 sec)
- Resonant Frequency (60 sec)
- Repeat x 5 rounds
- Finish with - RFB (5 - 45 min)





LETS DO IT