



The Art of the Extended Exhale

A3-DayBreath Connection Guide

5 minutes a day | 3 days | one breath at a time



WELCOME

A small practice with a spacious purpose.

This three-day challenge is an invitation to explore the quiet power of a longer exhale.

Less is more.

You do not need to force a bigger breath. You only need to become curious about the breath you already have.

Your daily rhythm

Morning	A short instruction to set your intention.
Practice	Five minutes of simple, guided breathing.
Evening	A reflection prompt to notice what changed.
Learn	One educational insight to carry with you.

Before you begin

Find a comfortable seat or lie down. Let your shoulders soften. Breathe through your nose if comfortable, and keep the breath gentle.

If you feel dizzy, strained, or uncomfortable, return to natural breathing and pause. This is practice, not performance.

Tip: Use the same time and place each day to make your practice easy to remember.



01

Discovering Your Breath

AWARENESS + FOUNDATION

Breathing pattern: 4:8

DAY 1

Notice before you change.

Today is about meeting your breath exactly as it is, then offering it a little more time to exhale.

INHALE

4 counts

gentle + quiet

EXHALE

8 counts

long + easy

Your 5-minute practice

- 1 minute** Observe your natural breath without changing it.
- 3 minutes** Breathe in for 4. Breathe out for 8.
- 1 minute** Return to natural breathing and notice what is different.

Morning message

Welcome to Day 1. Today we begin by simply noticing the breath and introducing a gentle extended exhale. This creates the foundation for deeper breathing awareness.

Remember

Let the inhale be easy. Never force or strain.
Take natural breaths whenever needed.

Educational tip

A longer, comfortable exhale can support the body's relaxation response and help you feel more settled.



02

Building Capacity

EXTENDING + EXPLORING

Breathing pattern: **4:12**

DAY 2

Let the exhale unfold.

Today you will gently extend the exhale further, exploring how a slower rhythm can create a natural sense of calm.

INHALE

4 counts

gentle + quiet

EXHALE

12 counts

long + easy

Your 5-minute practice

- 1 minute** Review 4:8 breathing with two comfortable rounds.
- 3 minutes** Breathe in for 4. Breathe out for 12.
- 1 minute** Return to natural breathing and notice the effects.

Morning message

Yesterday we woke up our awareness to the breath. Today, we gently extend the exhale and discover how this subtle shift can invite calm.

Quality over quantity

Keep your inhale relaxed. Let the exhale flow naturally. If 4:12 feels too long, return to 4:8.

Educational tip

Slower breathing can reduce respiratory rate naturally. Comfort and ease are more valuable than reaching a particular number.

03

Deepening Practice

INTEGRATION + ADVANCEMENT

Breathing pattern: **4:16**

DAY 3

Make space for what you notice.

On the final day, explore an even longer exhale—only if it feels comfortable and smooth.

INHALE

4 counts

gentle + quiet

EXHALE

16 counts

long + easy

Your 5-minute practice

- 1 minute** Review 4:12 breathing with two comfortable rounds.
- 3 minutes** Breathe in for 4. Breathe out for 16—or choose a shorter, easy exhale.
- 1 minute** Return to natural breathing and integrate the experience.

Morning message

On our final day, we explore an even longer exhale. Pay attention to how a subtle shift can create a meaningful change in how you feel.

Listen to your body

This is practice, not performance. Take natural breaths whenever needed, and return to an earlier pattern if that serves you better.

Educational tip

Comfortably extending the exhale may be a sign that your breathing efficiency and awareness are developing over time.

Notice the ripple.

Evening reflection

[illegible]

NOTICE

EXPLORE

You have experienced how small shifts in breathing can create noticeable changes. Let this be the beginning of a kinder relationship with your breath.



Keep the practice alive.

If this three-day challenge gave you a glimpse of what is possible, there is more to explore.

A calmer breath is a skill you can build.

With guidance, consistency, and curiosity, your practice can continue to grow in a way that feels personal and sustainable.

Explore more with Breathe With Shai

- 01 Breathwork journeys - A guided practice for clarity, release and renewal
- 02 ALMA 4:24 - A guided pathway to reset your nervous system
- 03 PranaMatrix - From self-regulation to sacred facilitation



For details, watch for the full program or message Breathe With Shai directly.

Gentle note: This guide is for educational and wellbeing purposes only. It is not medical advice. If you have a health condition, are pregnant, or feel unsure about breath practices, consult an appropriate healthcare professional. Stop if you feel dizzy, faint, distressed, or unwell.