

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Breathwork for *Focus & Energy.*

Two breaths, two jobs. One for focus, one for calm. You carry both everywhere.



01 · YOUR GUIDE TODAY

Nina Mua, *in your corner.*

Founder of Chakra Hours

Creator of The Workday Reset Method and this 12-class curriculum.

Trained teacher

Registered yoga teacher (RYT), focused on workplace wellbeing.

Why this work

Watched good teams burn out without the tools to catch stress early. Built this so you get them sooner.

Every Chakra Hours session is led live by a certified facilitator.



02 · A QUICK CHECK-IN

Where are you, *right now?*

1

Good

Calm and clear.

2

Okay

A bit busy, but fine.

3

Stressed

Feeling the pressure.

4

Overwhelmed

Running on empty.

03 · WHAT TO EXPECT

Two breaths, one idea, *and you feel it all first.*

FIRST · A FEW MINUTES

Box breathing.

The focus tool. We do it together before any talking, so you feel what it does.

THEN · ONE IDEA

Breath leads, body follows.

The one part of your body you can always change on purpose. Change it, and your body changes too.

AND · A RESCUE TOOL

Physiological sigh.

One breath that takes the edge off a stress spike in seconds. Your body already knows it.

04 · PRACTICE ONE · BOX BREATHING

The focus tool: *the box.*

Four equal sides, four counts each. The even count is the whole trick.

SIDE ONE · COUNT 4

In

A slow breath in through your nose.
One, two, three, four.

SIDE TWO · COUNT 4

Hold

Keep the air in, gently. One, two,
three, four.

SIDE THREE · COUNT 4

Out

Let it out slowly through your mouth.
One, two, three, four.

SIDE FOUR · COUNT 4

Hold

Stay empty, gently. One, two, three,
four. Then around again.

PRACTICE · ONE · BOX BREATHING

The Box.

Eyes closed or soft. Four sides, four counts. I'll count, you breathe.

01

In.

Slowly, through your nose. Two, three, four.

02

Hold.

Gently full. Two, three, four.

03

Out.

Slowly, through your mouth. Two, three, four.

04

Hold.

Gently empty. Two, three, four. Then around again.

05 · WHAT THAT JUST DID

A few minutes,
and the mind went quiet.

Not vibes. Three real, physical things just happened.

YOUR THOUGHTS GOT ONE JOB

Counting to four gives a busy mind one simple thing to hold. The bouncing stops.

YOUR PACE SLOWED

Even, unhurried breathing tells your body: no emergency here. The system settles.

CALM, BUT SHARP

The box doesn't make you sleepy. Settled body, clear head. That's what focus feels like.

06 · HOW TO KNOW YOU NEED A RESET

Signs your breath *is asking for help.*

01	Can't focus	<i>Your mind jumps around. You read the same line twice.</i>
02	Quick, high breathing	<i>Short little breaths, up in your chest.</i>
03	Holding your breath	<i>You catch yourself not breathing at your desk.</i>
04	Nervous before meetings	<i>Wound up, even for the normal ones.</i>
05	Everything bugs you	<i>Small things feel bigger than they are.</i>
06	Tired but can't relax	<i>Worn out all day, and still can't slow down.</i>

07 · YOUR BREATH LEADS

Your breath leads, *your body follows.*

SLOW, SOFT, LONG OUT-BREATH

Your body slows down with you. Your heart eases, and you relax.
Both of today's tools live here.

The box, and the physiological sigh.

QUICK, FULL BREATHING

Your body wakes up. More energy, more alert. We met this kind of
breath in class one.

Wim Hof breathing, for energy and focus.

08 · THE PICTURE TO REMEMBER

Two breaths, *two jobs.*

NEED FOCUS? · THE BOX

In 4, hold 4, out 4, hold 4. Steady and even. Quiets the bouncing thoughts, walks you in clear.

Before a meeting. Before deep work.

SPIKE? · PHYSIOLOGICAL SIGH

Two breaths in through the nose, one long breath out. The edge comes off in seconds.

The hard email. The tight chest. Before you reply.

09 · PRACTICE TWO · THE PHYSIOLOGICAL SIGH

The physiological *sigh.*

WHAT IT IS

A double breath in.

In through your nose, then sip in a little more on top. Then one long, slow breath out through your mouth.

WHAT IT DOES

Calms in seconds.

The second sip reopens tight lungs. The long breath out tells your body it's safe to relax. The fastest calm your body has.

WHEN TO USE IT

Stress spikes.

The hard email. The surprise on the call. The tight chest. One sigh, then act.

PRACTICE · TWO · THREE ROUNDS

Physiological Sigh.

Two breaths in, one long breath out. Follow my voice.

01 In through your nose.
A normal breath in. Then sip in a little more, on top.

02 One long breath out.
Slow, through your mouth, all the way to the bottom.

03 Repeat, three times.
Each breath out a little longer than the last.

10 · WHAT THAT JUST DID

Three breaths, *and the edge came off.*

You just used your body's own rescue move.

YOUR LUNGS POPPED OPEN

Stress parks your breathing high and tight. The second sip reopens the corners.

YOUR BODY SLOWED DOWN

The long, slow breath out tells your body it's safe. Your heart eases within seconds.

YOU BORROWED A REFLEX

Your body already sighs like this after crying or before sleep. Now you press the button.

Breathe *on purpose.*

Your breath runs on autopilot twenty thousand times a day. That's fine. A few times a day, take the wheel for one minute, and pick the breath the moment needs.

NEED FOCUS

The box. In, hold, out, hold.

NEED CALM

The physiological sigh. Two in, one long out.

Pick the breath. That's the skill.

Thirty seconds, *or five minutes.*

WHEN YOU HAVE 30 SECONDS

One physiological sigh

Two sips in, one long out. Calm in a single breath.

One long breath out

Slows the heart within a few breaths.

One trip around the box

In, hold, out, hold. Even one round steadies you.

Catch a held breath

We hold it at our desks without noticing. Let it go.

Drop shoulders and jaw, exhale

Releases the two spots that store the day.

Not for today. For your pocket. Screenshot it, pick two.

WHEN YOU HAVE 5 MINUTES

A few minutes of box breathing

Fully settles your mind before a big moment.

Step outside, breathe slow

Daylight and air, with long breaths out.

A hand on your belly

Feel it rise and fall. Long breaths out.

Hum on the out-breath

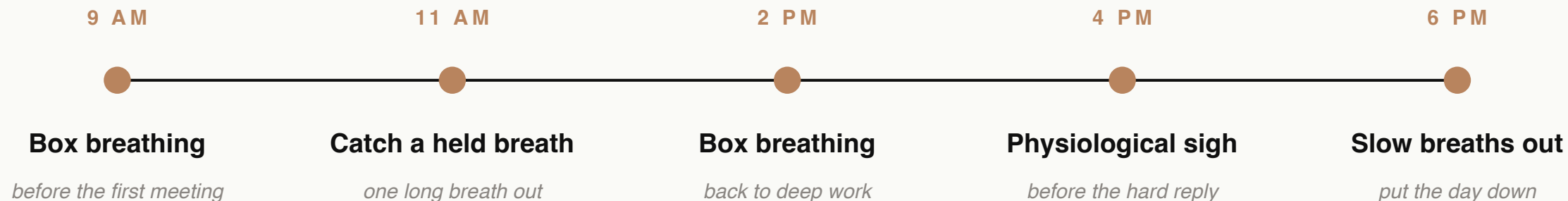
The slow vibration steadies breath and heart.

Three physiological sighs

Clears a heavy spike, layer by layer.

12 · A SAMPLE DAY

Where the breaths fit *a real day.*



13 · THE BIGGER PICTURE

This is Reset.

The first of four.

01 · RESET

Reset

Notice stress early, and help your body calm down. Breath is the fastest way.

You are here.

02 · RESTORE

Restore

Recharge your body. Movement, stretching, sleep.

03 · RESOURCE

Resource

Build energy that lasts. Food and steady habits.

04 · RENEW

Renew

Bounce back. Hard feelings, and ending the week well.

14 · YOUR ONE TAKEAWAY

What you're *taking home.*

TOOL ONE

Box Breathing

In, hold, out, hold, all fours. Focus before the moments that matter.

TOOL TWO

Physiological Sigh

Two breaths in, one long out. Calm in seconds when stress spikes.

THE LINE

Breathe on purpose.

Pick the breath the moment needs. That's the whole class.

15 · YOUR 7-DAY EXPERIMENT

Pick one.
Once a day. For seven days.

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- | | | |
|----|--|---|
| 01 | Box breathe before one meeting | <i>One quiet minute of all fours, right before.</i> |
| 02 | One physiological sigh in a spike | <i>Chest goes tight? Sigh first, then act.</i> |
| 03 | Catch one held breath a day | <i>Notice it at your desk, let it go slow.</i> |
| 04 | Breathe before you reply | <i>A message lands hard? One sigh, then write.</i> |
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CLOSING PRACTICE · ONE MINUTE

Three sighs.

One last calm-down, together, before you go.

- 01 In through your nose.**
And right at the top, sip in a little more.
- 02 One long breath out.**
Slow, through your mouth. Shoulders fall with it.
- 03 Twice more.**
Each breath out a little longer. Then blink your eyes open.

16 · BEFORE YOU GO

Two quick *things, in the chat.*

ONE · YOUR NUMBER

How are you now?

Same scale, one to four. Drop your number in the chat, and see if it changed from the start.

TWO · YOUR FAVORITE

Which breath did you like?

The box, the physiological sigh, or the long breath out? One word is plenty.

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Be kind to yourself.

Breathe on purpose. The box to focus, the physiological sigh to calm.

Less surviving the day, more actually living it. Calm and on purpose.

Thank you for sharing this half hour.

CHAKRAHOURS.COM