

Effective Breathwork

Understanding your day-to-day breathing gives you physical and mental confidence, makes you more comfortable delivering a message infused with energy, and enables you to speak with a vocal tone that is both vibrant and dynamic. The following two exercises will help you to deliver your peak performance.



Body Oxygen Level Test (BOLT)

BOLT is aimed to measure the relative breathing volume during rest and breathlessness during physical activity. A higher score = a lower breathing volume which in turn means less breathlessness.

Measure your own BOLT score

- Breathe in normally through your nose and then breathe out normally (also through your nose).
- Once you have exhaled, pinch your nose with your fingers to prevent any air from entering during the next step.
- With your nose pinched, **count the number of seconds** until you feel the urge to breathe again. Pay attention to your body's cues signaling the impulse to inhale. This often manifests as the need to swallow, a constriction in the airways, or contractions of the breathing muscles in your abdomen and throat.
- Un-pinch your nose and inhale as calmly as possible – resume your normal breathing.

The number of seconds it takes before you feel the urge to breathe again = your BOLT

This is not a test to evaluate how long you can go without breathing but rather the time it takes for your body to respond to the lack of air. It is not a 'hold your breath' challenge!

Most people have a BOLT score of around 20 (seconds). To reach your full vocal potential as a performer or speaker you should aim for a score of around 40 seconds.



Equal Length Breathing Technique

When we ensure that each inhale and exhale of breath is the same length, it helps to soothe our autonomic nervous system and produce a calm and relaxing feeling.

Find a relatively quiet and calm environment for this exercise.

- Sit upright and close your eyes
- Inhale through your nose for four seconds
- Exhale through your nose for four seconds
- Repeat the above process for five minutes

As you become familiar with this technique, you can start to extend your inhale/exhale time to six and then eight seconds.



For more 'Effective Breathwork' information, exercises, and techniques, visit danielkoek.com and join **The Ultimate Performance Academy**. Visit danielkoek.com for details.