

Wim Hof-Style Deep Breathing Technique

A breathing-only educational guide. Adapted in original wording from publicly available Wim Hof Method breathing guidance.

Safety First

This exercise may cause tingling, dizziness, lightheadedness, or fainting. Practice only while sitting or lying down in a safe place. Do not practice while driving, standing, in water, in the shower, or anywhere a loss of consciousness could be dangerous. Anyone with cardiovascular, blood pressure, respiratory, seizure, fainting, pregnancy, or other medical concerns should consult a qualified healthcare professional before trying breath retention or intensive breathing.

How to Practice One Round

- 1 Get comfortable**
Sit or lie down in a relaxed position. Keep your spine comfortable, loosen tight clothing, and allow your belly and chest to expand naturally.
- 2 Take 30 deep breaths**
Inhale deeply through your nose or mouth, filling the belly first and then the chest. Let the breath out naturally through the mouth. Do not force the exhale. Repeat for about 30 breaths in a steady rhythm.
- 3 Exhale and hold**
After the final breath, gently exhale and hold your breath after the exhale. Do not strain. Hold only as long as feels comfortable.
- 4 Take the recovery breath**
When you feel the urge to breathe, take one deep inhale. Hold that inhale for about 10 to 15 seconds, then release.
- 5 Repeat gently**
This completes one round. Beginners can start with 1 to 2 rounds. More experienced practitioners often do 3 to 4 rounds, but the key is to stay relaxed and avoid forcing the breath.

What You May Feel

Warmth, tingling, lightheadedness, or a temporary change in body sensations can occur. These effects are a reason to stay seated or lying down and to stop if the practice feels uncomfortable, forced, or unsafe.

Disclosure

This guide is educational and should not replace official instruction or personalized medical guidance. Start gently, avoid strain, and practice only in a safe environment.

References

- Wim Hof Method. "Breathing Exercises." Official Wim Hof Method website. <https://www.wimhofmethod.com/breathing-exercises>
- Wim Hof Method. "Frequently Asked Questions About The Wim Hof Method." Official Wim Hof Method website. <https://www.wimhofmethod.com/faq>
- Healthline. "Wim Hof Breathing: Method, Benefits, and More." <https://www.healthline.com/health/wim-hof-method>
- Hof, Wim. The Wim Hof Method: Activate Your Full Human Potential. Sounds True, 2020.

Educational guide only - not medical advice. Practice seated or lying down in a safe setting.