



Breathwork + Mobility Cheat Sheet

Baskin Logic Fitness · 1–5 minute practices rooted in yoga, pranayama and qigong traditions · Free

How to use this page

Pick **one** breath practice and **one** mobility move. Do them once a day for 7 days. Breathe through the nose unless told otherwise. Move slowly and stay in a pain-free range. Stop if you feel dizzy, short of breath or any pain.

Breathwork (pranayama-inspired)

1. Box breathing

2–4 min · any time

Inhale 4 counts, hold 4, exhale 4, hold 4. Repeat. Skip the holds if they feel uncomfortable.

2. Long exhale (1:2)

2–3 min · evening

Inhale 4 counts, exhale 6–8 counts through the nose or softly pursed lips. A traditional "calming" pattern.

3. Nadi shodhana (alternate nostril)

3–5 min · seated

Close right nostril, inhale left. Switch, exhale right. Inhale right, switch, exhale left. That is one round. Keep it gentle.

4. Bhramari (humming bee)

1–2 min · seated

Inhale through the nose; exhale with a soft, steady "mmm" hum. 5–7 rounds. Notice the vibration.

Mobility (yoga + qigong inspired)

5. Cat–cow

1 min · hands and knees

Inhale, let the belly drop and look forward. Exhale, round the back. 8–10 slow rounds.

6. Seated or standing spinal twist

1 min

Sit tall, inhale to lengthen, exhale and turn gently. 3 breaths each side.

7. Hip opener (low lunge)

1–2 min

Back knee down on a cushion, shift forward until the front of the back hip opens. 5 breaths each side.

8. "Holding up the sky" (Ba Duan Jin)

1–2 min · standing

Interlace fingers, inhale and press palms up overhead, exhale and float arms down. 6–8 rounds.

9. Neck + shoulder circles

1 min · desk-friendly

Slow shoulder rolls back ×8, then ear-to-shoulder tilts, 3 breaths each side.

10. Legs up the wall

3–5 min · evening

Lie down, legs resting on a wall, arms relaxed. Pair with long-exhale breathing.

Sample 5-minute practice

Box breathing 2 min → cat–cow 1 min → holding up the sky 1 min → long exhale 1 min. Take the free quiz to find yours:

baskinlogicfitness.com/quiz/

Education only, not medical advice. These are traditional practices shared for general education. They are not meant to diagnose, treat, cure or prevent any condition. Talk to a qualified professional before starting if you are pregnant, have a heart, lung, blood-pressure, eye or spine condition, or are recovering from injury. Skip breath holds if you have any of these. Stop if anything hurts.

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