

STOP SMOKING and BREATHE



EASY BREATHING TECHNIQUES
TO HELP YOU QUIT

YOGA2HEAR

Stop Smoking and Breathe Guide Book

This guide book must only be used in conjunction with the accompanying audio session.

Stop Smoking and Breathe

Introduction.

Thank you for purchasing the Yoga 2 Hear Stop Smoking and Breathe Download.

This download is made up of four easy-to-follow sessions that will help you to quit smoking forever. Each session uses clear verbal instructions combined with relaxing background music to introduce and guide you through a number of simple but effective breathing techniques that are widely recommended by many doctors and stop smoking services.

The sessions in this download have been devised to focus your body on mind on the difficult task ahead. They will also remove toxins from your body, increase your lung capacity, improve your blood oxygen levels which gives you more energy, promote a calm relaxed approach and create a sense of improved health and vitality that will naturally let you know how much better your body and mind function without nicotine and the additional 4000 toxic chemicals found in cigarette smoke. On top of their specific benefits the techniques featured in Stop Smoking and Breathe will provide the emotional balance, determination and will power you need to quit.

Each session has been devised to be followed from start to finish without interruption. We suggest you set aside more than enough time for the session and then find a warm, quiet area away from any distractions. If, for any reason, you find you are having difficulty concentrating on a session, focus your attention to the sound of your breath entering and leaving your lungs.

You may find that it takes a couple of sessions before you feel at ease with the slow controlled breathing used in the sessions. If this is the case you will find it becomes much easier after a little practice and will soon feel very natural.

Stop Smoking and Breathe

Some Hints & Tips.

Choose the day that you are going to stop smoking and focus on it. The night before your stop day enjoy your last cigarette then store all ashtrays away and destroy all your cigarettes, preferably with water. This may seem a little extreme but just putting half a packet of cigarettes out of sight is not going to remove temptation. It is also a good idea to open a few windows in order to get some fresh air into your living space. As well as giving you a dose of clean air this will help to remove any lingering smoke odors.

Tell your friends and family that you have stopped smoking and more importantly tell yourself regularly that you are a non smoker. Smokers and ex smokers all have a story to tell, talking to them about smoking won't help you so try to avoid such discussions. The chances are that at some stage you will be offered a cigarette. When this happens you must say "No thanks I do not smoke" and then change the subject immediately.

For some quitting is like losing a friend – and it's okay to grieve that loss. If you feel like this, let the feelings out. Talking about how you feel will really help you through. A good way to do this is with a quit buddy. Two or more of you going through the same thing together will be a great source of help and support to all.

It is a good idea to provide distraction during the early stages of your life as a non-smoker. If you have a hobby or interest immerse yourself in that. If you do not have a hobby you could draw up a list of jobs to do and occupy yourself that way.

However you decide to occupy yourself try hard to avoid situations in which you would have smoked. Also try and avoid alcohol, sugar and coffee the first couple of weeks as these can stimulate the desire for a cigarette.

Stop Smoking and Breathe

More Hints & Tips.

It is important to take it one day at a time, just focus on each day and on how much better you feel each day, before you know it you will have not smoked for weeks and then months.

In addition to the obvious good you are doing your body by quitting it can be helpful to have a tangible show of achievement. Why not place a large clear glass jar in a prominent place. Each time you would have bought a packet of cigarettes put the money into the jar. Watch it build up and when you choose take the money and treat yourself.

Nicotine suppresses appetite so as the levels in your system drop you will want to eat more. This coupled with the improved senses of taste and smell you have as a non smoker can make it difficult to avoid some weight gain. The best way to beat this is with some form of regular exercise. Walking is great but a yoga class at a suitable level would be even better! The postures in a well structured class refresh and strengthen your body and mind and will heighten your body awareness allowing you to feel how much better it works.

A few weeks after quitting your urges to smoke will have decreased. From time to time you may experience a sudden and powerful desire for "just one cigarette." This will happen unexpectedly during moments of either positive or negative stress. When these or any other cravings are experienced use the deep breathing techniques featured in Stop Smoking & Breathe and you will soon find that the urges pass.

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Stop Smoking and Breathe

Medical Warning.

Check with your doctor before starting this or any other exercise program in particular if you suffer from any heart problems or you think you may be pregnant. By loading and participating in the exercise programs for this download you are acknowledging that you have (a) satisfied yourself that you are fit and able to undertake the exercises and; (b) that you have sought prior medical advice from your doctor as to the suitability of these exercises and; (c) that you will hold yoga2hear harmless from any damages or claims that you may suffer as a result and; (d) that you have read and understood the terms and conditions contained in this Document and the Disclaimer wording below.

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Stop Smoking and Breathe

Track.1. Introduction.

Track.2. Session 1 - Morning Cleansing Session.

This 15 minute session is to be followed as soon as possible after waking whilst in a comfortable seated position. We recommend one of the following;

- A. Sitting on the floor with the ankles crossed and a straight back.
- B. Sitting on the floor with the legs extended and a straight back.
- C. Sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position. Close your eyes, rest your hands on your thighs and continue as instructed.

Track.3. Session 2 - Daytime Breathing Technique.

This 15 minute session is also to be followed whilst in a comfortable seated position.

We recommend one of the following;

- A. Sitting on the floor with the ankles crossed and a straight back.
- B. Sitting on the floor with the legs extended and a straight back.
- C. Sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position. Close your eyes, rest your hands on your thighs and continue as instructed.

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Track.4. Session 3 - Evening Breathing & Relaxation Techniques.

This 20 minute session is to be used during the evening or just before you sleep. It is followed whilst lying comfortably on your back with your arms positioned alongside your body and the palms of the hands facing up. Continue as instructed.

Track.5. Session 4 - Breathing Technique for Cravings.

This 5 minute session is also to be followed whilst in a comfortable seated position.

We recommend one of the following;

- A. Sitting on the floor with the ankles crossed and a straight back.
- B. Sitting on the floor with the legs extended and a straight back.
- C. Sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position. Breathe slowly through your nose and continue as instructed.

Once learnt, this simple technique can be used wherever and whenever cravings strike .

We hope you enjoy these sessions and find them useful. We are always keen to hear any comments you may have. If you would like to let us know your thoughts or would like information on our extensive range of products please visit www.yoga2hear.co.uk.

.our other titles include.

- Beginners Yoga Volumes 1,2 & 3.
- .Beginners Yoga Flowing Sequences 1,2 & 3.
 - .Yoga Vinyasas for Beginners.
- Improvers Yoga Volumes 1,2 & 3.
- .Improvers Yoga Flowing Sequences 1,2 & 3.
 - .Yoga Vinyasas for Improvers.
 - .Prenatal Yoga & Postnatal Yoga.
 - .Prenatal Relaxation.
 - .Yoga for the Surf Volumes 1 & 2.
- Yoga for Snow Sports Volumes 1 & 2.
 - .2 in 1 Yoga for Weight Loss.
- .Relaxations for Sleep Volume 1.
 - .Introduction to Core Yoga.
 - .Core Yoga.
 - .Pranayamas for Beginners.
- .Pranayamas & Mudras Volumes 1 & 2.
 - .Detox Yoga.
 - .Chakra Yoga.
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