

ONE BREATH
MEDITATION
IN-FLIGHT



ONE BREATH
MEDITATIONTM

IN-FLIGHT

CONTENTS

ONE BREATH MEDITATION IN-FLIGHT 5

LEVEL 1 CONNECT TO THE BREATH 8

LEVEL 2 CONNECT TO THE SENSE OF SIGHT 13

LEVEL 3 CONNECT TO VIBRATIONS TO CONTROL YOUR BREATH 19

LEVEL 4 DISCONNECT FROM MONKEY MIND 25

LEVEL 5 CONTROLLED BREATH WITH PHYSICAL MOVEMENT 32

Discover How One Breath Meditation makes your Flight and Travel Truly Luxurious, Exciting, and Stress-free!

Get Instant Access to One Breath Meditation In-Flight to Immerse in a Life-Changing Meditation Experience...

Does this sound familiar?

You pack your bags, excited to go on your next luxurious vacation or business trip, then as you reach the airport, you become overwhelmed trying to remember if you took care of everything at home or packed everything you will need...

According to the National Institutes of Mental Health, as many as 25% of air travelers suffer some level of nervousness.

One Breath Meditation can assure your travel is stress-free!

You deserve to make this trip exciting, fun-filled, and relaxing! What I am about to tell you is not something new, but there is a NEW progressive way to unlock its incredible benefits with ease.

The key to making sure your trip is relaxing and stress-free is **meditation**.

If you are thinking that meditation may not be for you, you are not alone. Sitting in silence for minutes (or sometimes hours) is something that doesn't appeal to the active lifestyle of most luxury travelers.

As I said, there is now a new way to experience the tremendous benefits of meditation without simply sitting in silence. The secret lies in your breathing, which is exactly what you'll learn today.

Introducing One Breath Meditation for In-Flight;

A powerful meditation method that is empowering luxury air travelers to get an enhanced, stress-free, and truly luxurious travel experience. With a few simple guided steps, you will calm your anxiety, gain rest, and arrive at your destination feeling more refreshed and ready for business or pleasure.

One Breath Meditation for In-Flight will guide you to a deep breath connection and eliminate the feelings of anxiety, stress, or fatigue.

Amazing Benefits of One Breath Meditation...

The benefits of OBM are not just restricted to your in-flight experience. You can take advantage of OBM methods in-flight or during your trip.

After all, the whole idea of going on a luxury trip is to blow off steam and have the best possible time with your family, co-workers, clients, or friends. From luxury hotel rooms

to visiting exotic places, meeting locals to enjoying lavish meals, there is a lot to experience!

When traveling for business, you need to operate at your maximum mental capacity to get the best out of your trip and make it a success. You need to walk into the meetings full of confidence, concentration, and motivation.

And that's exactly what OBM empowers you to do. In fact, OBM can seamlessly become part of your busy lifestyle to make it more exciting, stress-free, confident, and happier.

Here are some of the few enhanced experiences after following the guided steps of OBM:

- ✓ Remove self-doubt
- ✓ Increase confidence
- ✓ Eliminate procrastination
- ✓ Build connected relationships
- ✓ Control and manage your ideal weight
- ✓ Combat health conditions and diseases
- ✓ Promote better sleeping patterns
- ✓ Improve your cortisol levels for enhanced mood and sex life

Are you excited after learning about how the amazing benefits of One Breath Meditation will enhance your luxury travel experience when on vacation or business trip?

If so, don't wait - let us join you on your journey!

A JOURNEY OF A THOUSAND MILES BEGINS WITH ONE BREATH

LEVEL 1

CONNECT TO THE BREATH

LEVEL 1

CONNECT TO THE BREATH

The aim of Level One is to bring you back to your natural breathing performance, train your oxygen capacity to increase without force, and to teach you how to breathe in connection with a calm and controlled physical, mental and emotional level.

One Breath Meditation is a progressive program, taking you on a journey, to connect with your breath. Your focus will be taken away, then draw back to a strong connection to your breath and yourself in the moment.

Thank you for taking time out for yourself to learn the One Breath Meditation and enjoy the journey.

› Before you begin today, I would like you to take a minute to set your intentions, purpose, and goal for the practice of today and begin connecting to your breath.

› Allow your arms and hands to sit in their natural position in front of you.

1 minute / 9 breaths.

Now closing your eyes.

› Begin to breathe calmly with nothing forced.

› When you breathe in, your breath draws in all the way down through your nose, inflating your belly, then allow it to turn around and flow unforced through your mouth.

› Your chest or shoulders shouldn't be rising and only with minimal movement.

› Breathe in through your nose all the way down inflating your belly, then it turns around and flows unforced, through your mouth.

› Breathe in through your nose all the way down inflating your belly and allow the air to flow out, through your mouth.

› Think about the air as it travels through your nose, all the way down, fills your belly, it turns around and is gently released through your mouth as your belly deflates.

1 breath.

› This time on the breath in, count how many beats it takes to draw in the air all the way down to expand your belly, hold for a beat, and slowly, with control count as the air is released out through your mouth.

1 breath.

› Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly, hold for two beats and slowly release through your mouth extending the exhale by two more beats.

1 breath.

› Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly, hold for two beats and slowly release through your mouth extending the exhale by two more beats.

40 seconds / 4 breaths.

› Once your air is all the way out, take your breathing to a calm and gentle breathing with a seamless transition from inhale to exhale with nothing forced.

Now you are going to connect your breath with your physical self, allowing 2 breaths for each body part.

2 breaths.

› Exaggerating your inhale slightly, breathe through your nose, inflate your belly and hold for a beat. As you do, focus on the top of your head and face, just letting go of any tension on each exhale, with calm and controlled breath out through your mouth.

2 breaths.

› Move your focus down to your neck and shoulders and again, with a slightly exaggerated inhale draw your breath down, hold for a beat, think of your shoulder and your neck just relaxing and letting go as you exhale.

2 breaths.

› Focus on your back, and again with a slightly exaggerated inhale draw your breath all the way down, feel your lower and upper back expanding, hold for a beat, release your back, and let go as you exhale gently through your mouth.

2 breaths.

› Moving to your belly inhale again, drawing your breath all the way down as it inflates your belly, hold, release your belly, letting go and feel yourself sink into the earth.

2 breaths.

› Moving your focus to your legs, draw your breath all the way down, hold for a beat, and release your legs, letting them go and allow them to sink into the earth on each exhale.

2 breaths.

› Now focus on releasing your feet, as you breathe in, hold and exhale through the mouth letting your feet and let them sit in their natural position, sinking into the earth.

2 breaths.

› Release your arms, inhale all the way down, filling your belly, hold and let your arms go and just let them sink into the earth.

2 breaths.

› Moving onto your hands, inhale your breath all the way down to fill your belly, release your hands and let them sit in their natural position as you sink into the earth.

40 seconds / 4 breaths.

› Staying connected to your breath, inhale and exhale smoothly, with seamless transition from inhale to exhale and let your whole physical self be released.

Feel yourself sink into the earth, allowing gravity to connect your whole physical being, as your grounding yourself to the earth.

1 breath.

› We are going to connect back with one breath. inhale deeply with intent, through your nose to inflate your belly.

› Hold for two beats.

...and slowly release through a soft mouth with nothing forced.

4 breaths.

› Calm your breathing from inhale to exhale, relaxing your face on every exhale.

1 breath.

› We are going to connect back with our breath, inhale deeply with intent through your nose to inflate your belly.

› Hold for two beats.

› ...and slowly release through soft mouth with nothing forced.