



TECHNO DOJO

YOU FEEL FINE.
BUT NOT LIKE YOU USED TO.

THE BREATHWORK PROTOCOL
A 30-DAY NERVOUS SYSTEM TRAINING PROGRAM

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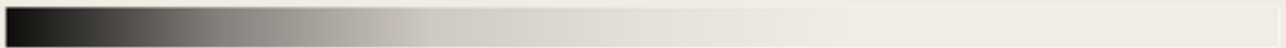


YOU'RE NOT EXHAUSTED.
YOU'RE JUST NEVER QUITE
RESTORED.

HOW YOU USED TO FEEL



HOW YOU FEEL NOW



YOU SLEEP.
JUST NOT THE WAY YOU USED TO.

THE THINGS YOU LOVE STILL MATTER.
THEY JUST DON'T SPARK YOUR ENERGY
THE SAME WAY.

THE VERSION OF YOU MOVING THROUGH
LIFE FEELS **SLIGHTLY LESS ALIVE THAN IT
USED TO.**

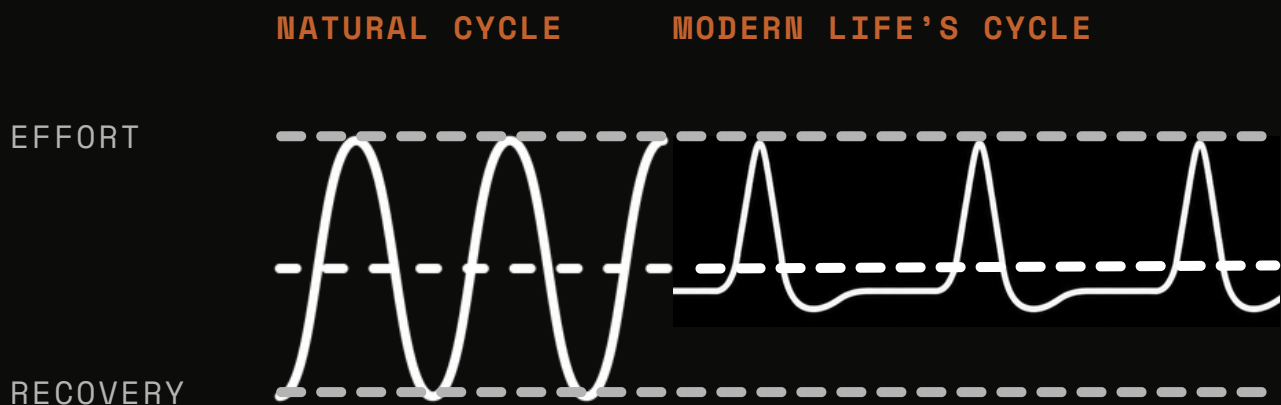
YOUR BODY NEVER GOT THE MESSAGE.

Your nervous system wasn't designed to stay switched on. It was designed to flow.

Effort to recovery

Activation to rest.

Go to stop.



For most of human history, the end of the day was a signal to your nervous system to shift into recovery.

That signal is still there.

Most of us just stopped hearing it.

THE DAY ENDS. YOUR NERVOUS SYSTEM DOESN'T KNOW THAT.

You're connected 24/7.
Available anywhere.
Your work ends.
But the notifications don't.
The decisions don't.
The anticipation doesn't.

Your nervous system isn't getting a clear
signal that the day is over.
So it stays on.
Just activated enough to slowly drain the
battery.

It was fine for a while, but the impact is
cumulative.
And the results are starting to show.

TRAINING YOUR BREATH TRAINS YOUR RECOVERY.

Breathwork doesn't just change how you feel. It changes what your nervous system can handle.

01 THE SKILL NOBODY TEACHES (INTEROCEPTIVE AWARENESS)

Most people only notice stress after it takes over. Interoceptive awareness lets you notice it while it's still small. The earlier you catch a signal, the easier it is to change its direction.

PRACTICE: PAUSE. SCAN YOUR BODY. WHAT DO YOU FEEL?

02 ACTIVATE YOUR VAGUS NERVE

Extended exhales increase vagal activity, helping your body shift from readiness into recovery. Your heart rate slows. Your nervous system shifts from react to regulate.

PRACTICE: LONG EXHALES. SLOW & CONTROLLED BREATHING.

03 IMPROVE HEART RATE VARIABILITY

HRV indicates the adaptability of your nervous system. Slow breathing practices have been shown to improve HRV, a sign of the nervous system's flexibility and ability to recover.

PRACTICE: BREATHE SLOWLY. RECOVER FULLY.

04 BUILD CO₂ TOLERANCE

CO₂ is a primary driver of the urge to breathe. Breath holds teach your nervous system that discomfort is information, not danger. Over time, the space between feeling stress and reacting to it gets larger.

PRACTICE: BREATH HOLD & RETENTION. TOLERANCE & RESILIENCE.

ONE SESSION CHANGES YOUR STATE. THIRTY CHANGE YOUR PATTERNS.

A single breathwork session can make you feel calmer. Your nervous system responds, and you feel different for a few hours.

You **build new neural pathways** and use them enough that they stop being new. You repeat a new response often enough that it **becomes increasingly automatic.**



THE RESEARCH.

This protocol is informed by peer-reviewed research and foundational work across neuroscience, physiology, stress regulation, and performance psychology.

Slow Breathing and Nervous System Regulation

Zaccaro, A. et al. (2018). How Breath-Control Can Change Your Life. Frontiers in Human Neuroscience. Russo, M.A. et al. (2017). The physiological effects of slow breathing in the healthy human. Breathe. Fincham, G.W. et al. (2023). Effect of breathwork on stress and mental health: A meta-analysis. Scientific Reports.

Vagal Activation and Parasympathetic Response

Gerritsen, R.J.S. and Band, G.P.H. (2018). Breath of Life: The Respiratory Vagal Stimulation Model. Frontiers in Human Neuroscience. Porges, S.W. (2011). The Polyvagal Theory. W.W. Norton and Company.

Heart Rate Variability

Lehrer, P.M. and Gevirtz, R. (2014). Heart rate variability biofeedback: How and why does it work? Frontiers in Psychology. Laborde, S. et al. (2022). Psychophysiological effects of slow-paced breathing. Psychophysiology.

CO₂ Tolerance and Breath Hold Training

Little, C. et al. (2025). The A52 Breath Method: A Narrative Review of Breathwork for Mental Health and Stress Resilience. Stress and Health. Sevoz-Couche, C. and Laborde, S. (2022). Heart rate slow-paced breathing biofeedback. Neuroscience and Biobehavioral Reviews.

Interoceptive Awareness

Craig, A.D. (2009). How do you feel — now? The anterior insula and human awareness. Nature Reviews Neuroscience. Critchley, H.D. and Garfinkel, S.N. (2017). Interoception and emotion. Current Opinion in Psychology.

Neuroplasticity and Consistent Practice

Hölzel, B.K. et al. (2011). Mindfulness practice leads to increases in regional brain gray matter density. Psychiatry Research. Lazar, S.W. et al. (2005). Meditation experience is associated with increased cortical thickness. NeuroReport.

THIRTY DAYS TO BECOME SOMEONE WHO **RECOVERS DIFFERENTLY.**

FREE ON SPOTIFY & YOUTUBE.

LAUNCHING JULY 1, 2026.



START THE 30-DAY SERIES.
SCAN TO BEGIN.

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