



THE INTEGRATED  
— HUMAN —

# A QUICK GUIDE FOR THE 11 MIN TO PEACE CHALLENGE

## A Quick Guide for the 11 Min To Peace Meditation Challenge

### 1. The Basics

- **Be Comfortable:** Find a space where you will not be disturbed and find a comfortable position sitting or lying down.
- **Breathe with Awareness:** Pay attention to your breathing—how it feels, sounds, and flows.
- **Slow and Steady Wins:** For the 11 Minutes to Peace meditation we use the rhythm of 4 counts on the inhale and 8 counts on the exhale. Breathe fully in on the inhale and restrict the airflow out by slightly pursing your lips on the exhale letting the air escape more slowly while gently relaxing the diaphragm.

### 2. How to Use Your Breath as a Tool

- **Nose Breathing:** Always breathe in through the nose, for nitric oxide production, cleaning, moisturization, clearing.
- **Belly Breathing:** Breathe down into the belly first, then the chest, like filling a glass of water from the bottom up, this calms the nervous system and slows your pulse.
- **Keep the Rhythm:** The rhythm is the key so try to stick to it. The 4:8 rhythm tells your nervous system to be calm and restful and allows your body to go into restoration.

### 3. Daily Practice Guidelines

- **Preparation:**
  - Choose a quiet, comfortable space where you won't be disturbed.
  - Use headphones for the best experience with the guided meditation.
- **Posture:**
  - Sit upright with a straight spine or lie down in a relaxed position.
  - Be comfortable.
  - Place one hand on your belly and one on your chest to monitor your breathing.
- **Practice:**
  - Start with the "11 Minutes to Peace" meditation.
  - Find the rhythm, connect to it.
  - At the end take a moment to come out of the meditation in order to bring this feeling with you in your day, to remember it - make the meditation matter.

#### 4. Breath Holds Made Easier

- During the breath hold:
  - Relax your body and focus inward.
  - If and when needed, take a quick sip of air in and out.
  - Move your head, neck, and shoulders gently to ease discomfort.
  - Remember - it becomes easier with practice and it varies from day to day - that is normal.

#### 5. Benefits of Breathwork

- **Physical:** Lower blood pressure, better oxygenation, and improved sleep.
- **Mental:** Reduced anxiety, clearer thinking, and enhanced focus.
- **Emotional:** Increased calm, resilience, and emotional balance.

#### 6. Common Tips & Troubleshooting

- **If you feel lightheaded:** Slow down and take smaller breaths.
- **If the rhythm feels difficult:** Breathe naturally until you feel ready to rejoin - it will improve with practice and finally it goes by itself.
- **Stay Consistent:** The benefits grow as your practice becomes a habit.

#### 7. Contraindications

- Avoid strong breath holds if you're pregnant, have heart conditions, or other medical concerns. Check the contraindications in our Terms and Conditions. Always check with your healthcare provider if you're unsure.

#### 8. Remember

Your breath is a powerful tool—use it to connect with yourself, create calm, and recharge. Consistency is key. Every breath matters!

Thank you for joining! 🙏



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