How to Hold Your Breath Longer

The majority of people in the world can hold their breath for maybe 1 - 2 minutes. However, there is a small percentage of the population that can hold their breath for up to 5+ minutes, to achieve this however requires hard training and lots of it! Here are the basics:

1. Sit/lie down somewhere comfortable and breathe normally for 2 minutes.
2. Then take a deep breath and imagine your lungs filling from the stomach first, then to the sternum and finally filling up your chest. (A full breath like this takes approx. 20 seconds)
3. While holding your breath think about relaxing things and don’t think about your breath.
4. When practicing, for your last three breaths before holding your breath make sure first is 75% inhale, second 100% exhale and third 100% inhale and hold your breath on that one.

These techniques are just the basics and there are many more but if you do these for a month or two you’ll be able to hold your breath for up to 3-5 minutes, this may vary depending on fitness and commitment. Practise up to 2 times a day for 20 mins each.