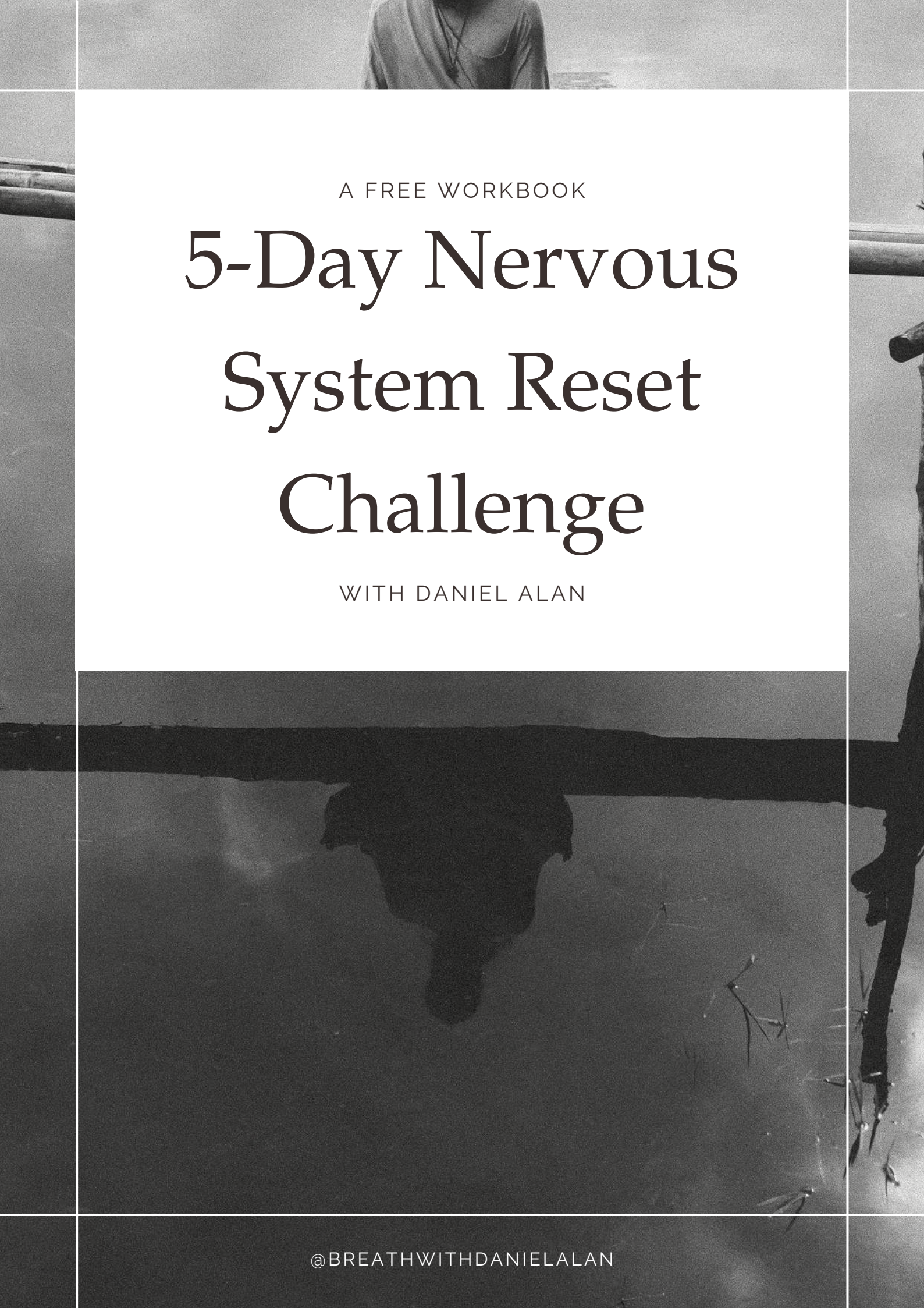




A FREE WORKBOOK

5-Day Nervous System Reset Challenge

WITH DANIEL ALAN

@BREATHWITHDANIELALAN



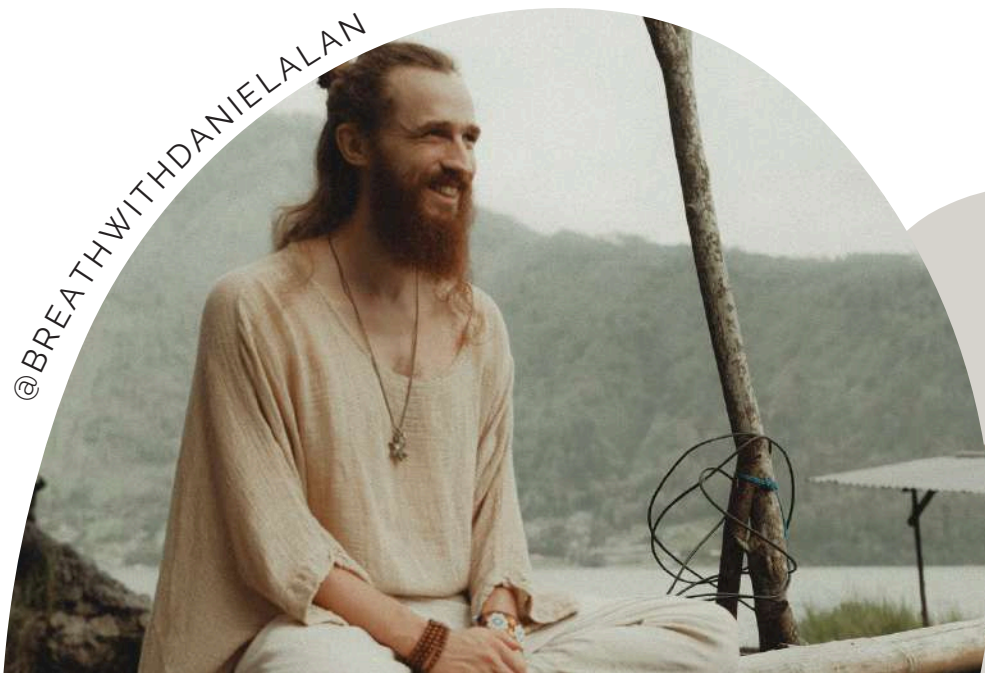
Welcome to the 5-Day Nervous System Reset Challenge!

Over the next five days, you'll explore simple yet powerful breathing techniques designed to help you release stress, deepen calm, and build resilience, for yourself and for those you guide.

Each day, you'll take just 10-12 minutes to practice, reflect, and notice subtle shifts in your body and mind. Whether you're strengthening your own nervous system or preparing to facilitate others, this challenge is your invitation to create more presence, ease, and confidence.

Take a deep breath, show up for yourself, and let's embark on this 5-day journey together!

@BREATHWITHDANIELALAN



Meet Daniel Alan

Daniel Alan is a breathwork pioneer, guiding people back to their vitality through nervous system regulation and trauma healing. He has trained hundreds, reached thousands, and shows up not just as a teacher but as a steady companion on the journey home to self.

His path has woven together wisdom from Harvard scholars, Tibetan monks, Amazon shamans, and somatic pioneers. Yet what makes him unique is how simply he brings the unseen to life, the stillness in the breath, the strength beneath it, the longing for wholeness within us all.

For Daniel, the breath is more than biology, it's a doorway to freedom, happiness, and deep healing. His work blends clear science with lived wisdom, always practical, always real. He lives in Bali with his family, devoted to bridging science, spirit, and embodied human experience.



VIDEO PRACTICE

STEP 1

Cyclic Sighing

- Inhale deeply twice (chest then belly, or vice versa)
- Hold briefly
- Exhale fully through the mouth
- Repeat 3–5 cycles
- Tip: Allow any tension or emotion to leave your body



STEP 2

Cyclic Hyperventilation

- Inhale through the nose, exhale through the mouth rapidly but comfortably
- Continue for 20–30 breaths
- At the end, inhale deeply, hold briefly, then exhale fully
- Tip: Focus on sensations; notice the contrast between activation and calm



STEP 3

4-4-8 Breathing

- Inhale through the nose for 4 seconds
- Hold for 4 seconds
- Exhale through the nose for 8 seconds
- Repeat 5–10 cycles
- Tip: Let your belly and chest fully relax on the exhale



STEP 4

Integrate

Resetting your nervous system is only half the work, integration is how you carry calm, focus, and resilience into daily life and facilitation sessions.

Reflect on where mini-resets could fit naturally into your day or your teaching.



DATE	MOOD
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Day 1

HOW DOES YOUR BODY FEEL AFTER RELEASING TENSION?

IF GUIDING SOMEONE STRESSED OR ANXIOUS, HOW COULD
YOU INVITE THEM TO SAFELY LET GO?

DATE	MOOD
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Day 2

DID YOU NOTICE THE CONTRAST BETWEEN ACTIVATION AND
THE CALM THAT FOLLOWS?

HOW COULD YOU NORMALIZE SENSATIONS LIKE TINGLING,
WARMTH, OR EMOTIONAL RELEASE FOR A GROUP?

DATE	MOOD
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Day 3

HOW DOES YOUR BODY FEEL AT THE END COMPARED TO THE
BEGINNING?

IF GUIDING SOMEONE, WHAT TONE AND PACING WOULD BEST
SUPPORT DEEP RELAXATION?

DATE	MOOD
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Day 4

WHERE COULD YOU USE QUICK BREATH RESETS FOR YOURSELF
OR YOUR GROUP?

HOW CAN YOU TEACH CLIENTS OR STUDENTS TO USE THESE
MICRO-TOOLS BETWEEN SESSIONS?

DATE	MOOD
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Day 5

HOW HAVE YOU CHANGED SINCE DAY 1 AND WHICH PART
FEELS MOST NATURAL FOR YOU TO GUIDE RIGHT NOW?

WHERE COULD YOU INTRODUCE THESE TECHNIQUES, IN
CLASSES, SESSIONS, OR GROUP WORKSHOPS?

FEELING READY TO LEARN THE ART OF BREATH
AND FACILITATION?

We would love to get to know you!

We hope this workbook has offered you gentle tools and practices to support your nervous system and restore balance.

Remember, this journey is personal, and every small step matters. Take time to pause, breathe, and honour your progress along the way.

If you'd like, we'd love to connect with you personally, no pressure, just an opportunity to reflect on where you are and explore how these practices can continue to support your path.

Consider this a gentle invitation to step into a calmer, more resilient version of yourself. Take the leap, embrace the journey, and know that support is here whenever you need it.

BOOK YOUR CALL

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