

The Morning Trail

A 5-day breath & nature practice for sensitive souls to deepen self attunement and regulate their nervous system



How This Works

This is a simple practice. But simple doesn't mean easy. This practice will challenge you and like any new habit it requires some devotion to yourself and a commitment to improving your life and reconnecting with your innate healing power.

Each morning and evening for the next five days commit 10–20 minutes to yourself -- with your breath and with nature. That's it. No special equipment. Just some headphones and your phone. No experience required. Just you, the air in your lungs, and the living world around you.

Here's what each day includes:



The Trail — A brief self-reflection to set the intention for your practice that day. Please read it slowly and let it land in your heart before you begin.



The Breath — A specific breathing technique with clear instructions and a guided audio track. Download the track to your phone and take it into nature in the morning and in the safety of your bedroom in the evening. I invite you to listen to the wisdom your body has to share.



Anchor in Nature — A simple sensory prompt to connect your practice to the natural world. Outside is always best but near window with ample sunlight can be enough. In the evening, dim lighting and comfy clothing.



Reflect — Each day also offers one journal question to close each day. Don't overthink it. Just write the first thing that comes. The honest answer is always the right one.

A few simple guidelines:

****In the morning, Do this before ANY scrolling or email on your phone. Honor this time as devotion to yourself and your healing. Even 10 minutes of practice before the noise begins will change the quality of everything that follows.****

Consistency matters more than perfection. If you miss a morning, practice at lunch or on a break at work. If you miss a day entirely, begin again the next morning without judgment. Your breath isn't here to punish. Neither should you.

The audio guide is your companion for any day you want to be led through the practice. Play it outdoors if you can. Let the pace of my voice slow you down before the technique begins.

There is no wrong way to do this. There is only showing up — and you already did that by being here.

Now let's begin.

DAY 1 — ARRIVAL

"Don't change your breath. First, just notice it."

The Trail

Many of you are here because you want to “fix” something. To calm down, open up, or feel differently than you do right now. Today let’s start with a simple practice — and also potentially challenging. Just arrive here. Exactly as you are. Without judgement. Your breath has been with you every moment of your life. Rather than just ignoring it, let’s take a moment and turn toward it.

The Breath — Natural Awareness

Download Guided Audio Practice

Morning practice:

Find a comfortable position — sitting, lying down, or standing outside with your feet on the ground.

Close your eyes or soften your gaze downward.

Simply observe your breath as it is right now. Don't change it. Don't deepen it. Don't slow it down.

Notice:

- Where do you feel it most? Chest, belly, nostrils, throat?
- Is it shallow or deep? Long or short?
- Is there a natural pause between inhale and exhale?
- Do you feel tightness anywhere — or areas of expansion?

If your mind wanders, don't judge yourself. This is a practice. Each time you notice a thought has pulled your attention and you've drifted, gently return to the breath. This simple, devoted act of returning — again and again — is the foundation of everything that will follow.

Stay here for 5 minutes. Set a gentle timer if that helps.

Audio here:

Anchor in Nature

Step outside if you can (you can!) — even for a moment. If not, open a window or sit near one.

Take one slow breath and notice one thing in nature you haven't consciously noticed today. A sound. A smell. The quality of the light. The temperature of the air on your skin.

Let that one thing bring you fully into this moment.

You are here. That is enough.



Reflect

Take 5 minutes to journal on this question:

"When did I last feel fully present in my own body — and what was happening around me when I did?"

There is no right answer. Write without editing. Let the pen move before the mind catches up.

Tomorrow we go deeper — into the roots.

DAY 2 — ROOTS

"You cannot grow if you are not grounded."

The Trail

Yesterday you arrived in presence, in wholeness. You turned toward your breath. That took more courage than you realize.

Today we go downward before we go inward. In nature, the tallest trees have the deepest roots. The same is true for you. Before the breath can open you up, it needs to anchor you down. Box breathing is your root system — equal, steady, unhurried. A rhythm your nervous system recognizes as safe.

Many people try to expand before they've ever learned to stabilize. This is why practices don't stick. Today we build the ground beneath everything that follows.

Box breathing is used by special forces operators, trauma therapists, and ancient contemplatives for one reason — it works. It works best at bringing the body out of fight or flight. With four equal counts in, hold, out, hold Four equal counts. A square drawn in air.

The Breath — Box Breathing

Download Guided Audio Practice

How to practice:

Find your position from yesterday — or try a new one that feels grounded. Seated on the ground or feet flat on the floor or earth if possible.

Place one hand on your belly. Feel it rise and fall before you begin.

The pattern:

- **Inhale** through the nose — 4 counts
- **Hold** at the top — 4 counts
- **Exhale** through the nose — 4 counts
- **Hold** at the bottom — 4 counts

That is one round. One box.

What to notice:

- The holds are where the medicine lives — don't rush through them
- If 4 counts feels too short, extend to 5 or 6 — the ratio matters more than the number
- If you feel lightheaded, release the holds and breathe naturally for a few cycles before returning

Stay with the rhythm. Let it become mechanical. Let your mind follow the count and nothing else.

Anchor in Nature

Before you begin or after you finish — step outside and find something rooted. Something that might be easy for you to return to.

A tree. A boulder. A patch of grass.

Place your hand on it and close your eyes. Feel its stillness. Its permanence. Its complete indifference to urgency to the rush of the world moving around it.

Breathe one full box breath while touching it.

Notice what that contact does to your body.



Reflect

Take 5 minutes to journal on this question:

"Where in my life am I trying to grow in soil I haven't yet cultivated — what would it mean if I slowed down and rooted in this area first?"

Write without judgment. This question has no wrong answer — only honest ones.

Tomorrow we learn to let go of what the body has been holding.

DAY 3 — RELEASE

"The exhale is the most underrated healing tool you already own."

The Trail

Most people try to breathe their way into feeling better by inhaling more — deeper, bigger, fuller. But the exhale is where the nervous system actually shifts. The inhale activates. The exhale releases.

Think of what happens in nature after a storm. The tension that built in the air — the pressure, the electricity — releases all at once. What follows isn't emptiness. It's clarity. Space. The particular stillness that only comes after something has been let go.

Your body has been storing things. Conversations that didn't end well. Grief that never had a ceremony. Stress that got filed away because there was no time to feel it. The extended exhale doesn't ask you to identify any of it. It simply creates the conditions for it to move.

Today we breathe out longer than we breathe in. That single shift changes everything.

The Breath — Extended Exhale

Download Guided Audio Practice

This is one of the most researched breathwork techniques for nervous system regulation. Extending the exhale activates the parasympathetic nervous system — your rest, digest, and restore state. It's physiologically impossible to stay in a stress response with a long, slow exhale.

How to practice:

Settle into your position. Take three natural breaths before you begin.

The pattern:

- *Inhale through the nose — 4 counts*
- *Exhale through the nose or mouth — 8 counts*

That's it. Simple. Profound.

The exhale should be slow and controlled — not forced or collapsed. Imagine you're fogging a mirror very slowly. Or that you're breathing out through a small straw. Let it be long, steady, and complete.

12–15 rounds to start. Then extend to 20 if you feel called.

What to notice:

- *Somewhere around round 5–8 your shoulders will drop without you telling them to*
- *Your jaw may unclench*
- *You might feel a sudden wave of emotion — sadness, relief, or inexplicable tears. This is not a problem. This is the point. Let it move through*
- *If emotion arises, don't tighten around it. Breathe it out. Give it the long exhale it's been waiting for*

Anchor in Nature

Find moving water if you can — a river, a stream, rain, even a running tap with a window open.

Watch it move. Notice how it doesn't hold onto anything. How it releases around every rock, every root, every obstacle — without drama. Without effort.

Take one long exhale watching the water move.

If water isn't accessible, watch the wind move through leaves or grass.
Same medicine. Different form.

Ask yourself — what does nature never do that I do constantly?

It never holds its exhale.



Reflect

Take 5 minutes to journal on this question:

"What have I been holding in my body that was never mine to carry — and what would it feel like to finally breathe it out?"

If emotions surface while writing — good. Write through them. The page can hold what the body is releasing.

Tomorrow we create space for something new to enter.

DAY 4 — EXPANSION

"You don't find space by looking for it. You find it by breathing into what's already there."

The Trail

Three days ago you arrived. You found your roots. You released what you'd been carrying. Now there is room.

This is the moment most people miss. They do the releasing work and then immediately fill the space back up — with plans, with noise, with the next thing on the list. They never let the expansion happen.

In nature, a forest fire looks like destruction. But what follows is extraordinary — tender new growth pushing through ash, species that haven't been seen in decades returning, light reaching the forest floor for the first time in years. The fire didn't destroy the forest. It made space for what was always waiting underneath.

Your breath today does the same thing. Diaphragmatic breathing — belly breathing — is the breath your body was designed for. Watch any sleeping child or resting animal and you'll see it. Full. Unhurried. Expansive. Somewhere along the way most of us forgot how to do it. Today you remember.

The Breath — Diaphragmatic Breathing

Download Guided Audio Practice

Most adults breathe from the chest — shallow, rapid, incomplete. Diaphragmatic breathing engages the full capacity of your lungs, massages your internal organs, and sends an unmistakable signal to your nervous system that you are safe enough to expand.

How to practice:

Lie down if possible — on the earth outside, on a mat, or on your bed. Place one hand on your chest and one hand on your belly.

Before you begin, just notice which hand is moving more. No judgment. Just observation.

The practice:

- **Inhale** slowly through the nose for 5 counts — feel your belly rise first, then your ribcage expand outward, then your chest lift last. Like filling a vessel from the bottom up
- **Exhale** slowly through the nose for 6 counts — chest releases first, ribs draw in, belly falls last. Empty completely

The intention: Your chest hand should move as little as possible. Your belly hand should rise and fall like a tide.

This will feel unnatural at first if you're a chest breather. That's normal. You're rewiring a pattern that may have been in place for decades. Stay patient. Stay curious.

15–20 rounds. Then release all control and breathe naturally for 2–3 minutes. Notice the difference between the breath you started with and the breath you have now.

What to notice:

- *A tingling in your hands or feet is normal — this is increased oxygenation*
- *You may feel emotions rise as the diaphragm releases — it stores tension the way the hips do in yoga*
- *You might feel a sense of lightness or gentle euphoria — this is your body remembering its natural state*

- *If anything feels too intense, return to your natural breath and let it settle*

Anchor in Nature

Find somewhere you can lie down outside — grass, earth, sand, rock. If that's not possible, sit with your back against a tree or a wall facing open sky.

Look up.

Notice the scale of what's above you. The depth of the sky. The movement of clouds if there are any. The particular quality of light today.

Take three full diaphragmatic breaths while looking up.

Let your body take up space. Let yourself be small beneath something vast. Notice that the vastness doesn't threaten you — it holds you.

This is expansion. Not becoming more. Becoming less contracted.



Reflect

Take 5 minutes to journal on this question:

"Where in my life have I not been breathing into my belly? — just surviving instead of thriving — what stories am I holding onto that are keeping me from breathing into my belly and feeling safety in my body?"

Write slowly today. This question deserves room.

Tomorrow is our final trail together. Take good care of yourself today and trust your breath.

DAY 5 — INTEGRATION

"This practice was never something you were learning. It was something you were remembering."

The Trail

Congratulations! You made it to Day 5. Offer yourself a bow a gratitude for sticking with this course!

Not because the path was easy. But because something in you knew it was necessary.

Look back at where you started. Day 1 you simply arrived — turning toward your breath for the first time without trying to fix it. Day 2 you found your roots. Day 3 you released what you'd been carrying. Day 4 you expanded into the space that releasing created.

Today there is no new technique. No new instruction. No map to follow.

Today the practice belongs entirely to you.

This is the most important day of the five — because this is the day that determines whether breathwork becomes a daily practice or remains a beautiful five-day memory. Integration isn't a destination. It's a decision. A quiet, daily recommitment to showing up for yourself before the world gets its hands on you.

In nature, integration happens in the soil. A fallen tree doesn't disappear — it becomes the ground. It feeds what grows next. Everything you've moved through this week is doing the same thing inside you right now. Breaking down. Becoming ground. Feeding something new.

You don't need to understand it fully. You just need to keep showing up.

The Breath — Intuitive Free Practice (10–20 minutes)

Download Guided Audio Practice

No pattern. No technique. Today you are tuning into your power. Trust in yourself. I've attached an audio track to get you started by my voice drifts off into silence as you choose your practice.

How to practice:

Go outside. Find your place — the one that called to you most this week, or somewhere entirely new.

Sit, stand, lie down, or move. Whatever your body asks for.

Close your eyes. Place one hand on your heart.

And breathe however feels right.

Maybe that's the box breath from Day 2 because it grounds you. Maybe it's the long exhale from Day 3 because you're still releasing something. Maybe it's the diaphragmatic breath from Day 4 because your body wants to expand today.

Or maybe it's something entirely your own — a rhythm that emerged this week that doesn't have a name yet. Trust it.

Stay for as long as feels right. There is no minimum. There is no maximum. There is only you and your breath and the living world around you.

One simple anchor if you feel lost:

Inhale — *I am here*. Exhale — I am Safe.

Return to that as many times as you need.

What to notice:

- How different does your breath feel compared to Day 1?
- Where do you feel it most now?
- What does your body know today that your mind didn't know five days ago?

Anchor in Nature

Today the nature anchor is the entire practice.

Be outside for as much of this as possible. Let the sounds, the air, the light, the ground be part of your breath — not a backdrop to it.

If you can, take your shoes off. Feel the earth beneath your feet while you breathe.

Notice that nature has been breathing with you this entire week. The trees exhaling the oxygen you inhale. You exhaling the carbon dioxide they need. You were never doing this alone.



Reflect

Today there are three questions. Take as long as you need.

"What shifted in me this week — even subtly — that I want to honor and not rush past?"

"What does my daily practice look like from here? When, where, and how long?"

"What is one thing my breath showed me this week that I want to carry forward?"

Write your answers somewhere you'll return to. A journal you keep by your bed. The notes app on your phone. The back page of this guide.

What Comes Next

You've just completed five days of consistent intentional breath and nature practice. Congratulations on stepping on to the path of coming home to yourself. Most people never do this once, let alone five days in a row.

But this is just the beginning of your nervous system regulation and inner healing journey.

If these five days opened something in you — a curiosity, a hunger, a quiet knowing that there is more — I want you to know that there is. Much more.

Breathwork is one trail. Kriya yoga is another. Consciousness expanding medicine. Nature-based integration work. Each one goes deeper. Each one asks more of you. Each one gives back in ways that are honestly difficult to put into words.

If you're ready to keep walking —

The Breathe to Remember community is where we go deeper. Together.

A space for sensitive souls doing serious inner work. Practices, conversations, guidance, and a community of people who understand what it means to choose this path.

→ Join us at [Breathe to Remember](#)

And if you want to explore working together directly — breathwork sessions, integration support, or deeper practice guidance —

→ Find out more at [Trailswithin.me](#)

Whatever comes next for you — keep breathing. Keep returning. Keep showing up for the trails within.

With you on the path, Jordan

