

Exercise	Duration	Purpose
Arrival Breath	3 minutes	Simple box breathing or 4-7-8 pattern to settle the nervous system. For anytime, anywhere.
Circular Breath Introduction	5 minutes	Guided entry into circular breathing. The first element of Freeflow, accessible to beginners.
Sabali Breath	5 minutes	Breathing with the word "Sabali" as a rhythmic anchor. Inhale on "Sa-ba," exhale on "li." A patience practice.
Evening Release	7 minutes	Extended exhale breathing for parasympathetic activation. Designed for end of day.
The Bridge	10 minutes	A longer practice that moves through multiple breath patterns, guided by audio.