




# **21 poznámek Učitele dechu**

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Srpen 2020

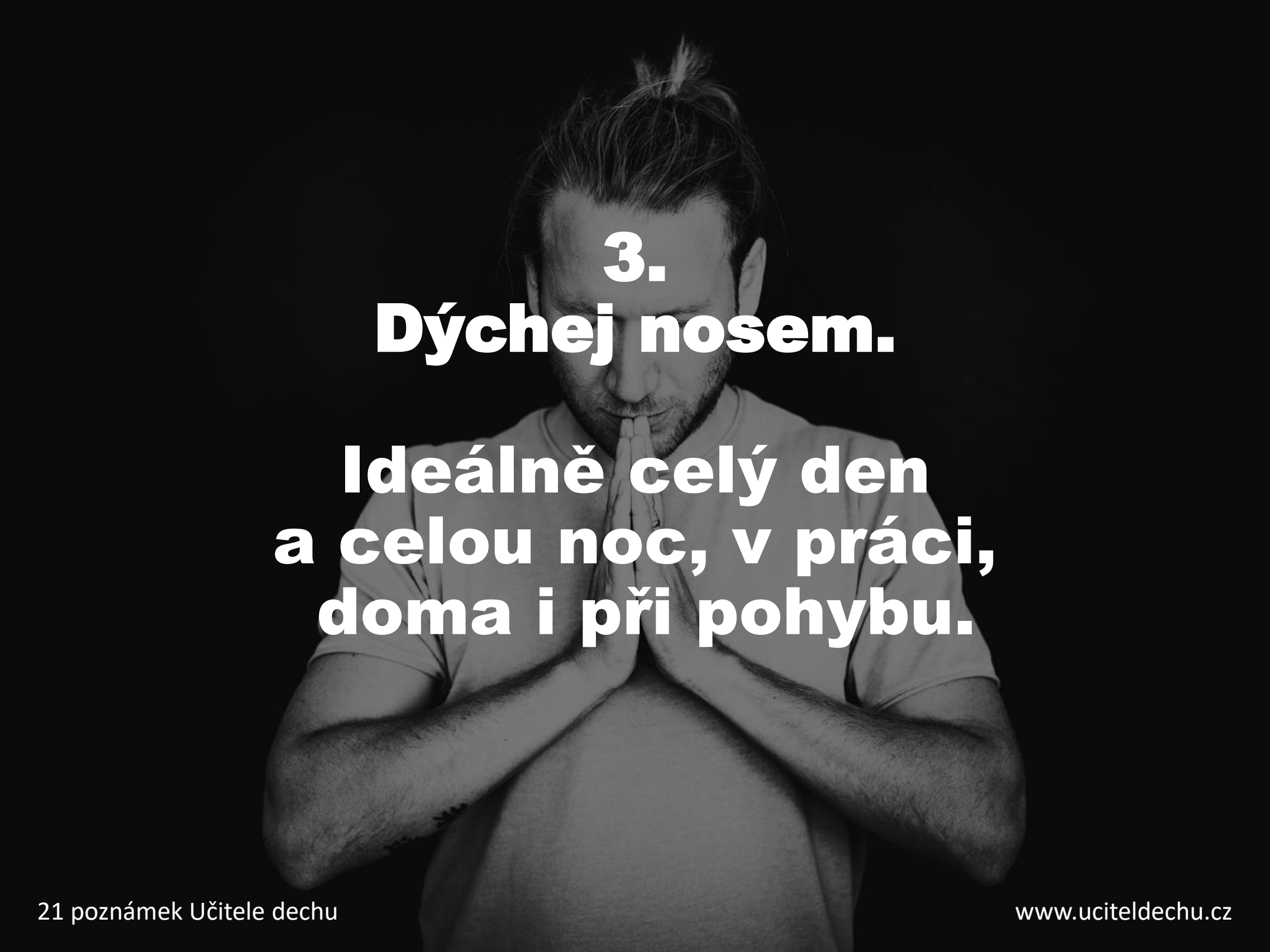


**1.  
Dýchej vědomě.**

**Aspoň jednou  
za den si uvědom  
nádech a výdech.**

A grayscale photograph of a man with long hair tied back, sitting in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra). He has his eyes closed and a focused expression. The background is dark, making the man stand out.

**2.**  
**Bud' Tady a Ted'.**  
**Když se vědomě  
nadechuješ, ocitáš  
se v přítomnosti.**



**3.**  
**Dýchej nosem.**

**Ideálně celý den  
a celou noc, v práci,  
doma i při pohybu.**



**4.**

**Spi s páskou.**

**Budeš odpočatější  
a nebudeš chrápat.**

**Po 2-3 dnech ucítíš efekty.**

A grayscale photograph of a man with long hair tied back, wearing a light-colored t-shirt. He is in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra) near his chest. His eyes are closed, and he has a calm expression. The background is dark.

## **5. Dýchej do břicha.**

**Aktivuješ nerv bloudivý  
a Parasymphatikus. Relaxuje  
a zbavuje stresu.**

A grayscale photograph of a man with long hair tied back, sitting in a meditative pose with his hands pressed together in front of his chest. The background is dark, and the man's face is partially obscured by the text.

## **6. Trénuj bránici.**

**Masíruješ tím vnitřní  
orgány a pomáháš  
srdci i plicím.**

A grayscale photograph of a man with long hair tied back, performing a meditative gesture with his hands pressed together in a prayer position (Anjali Mudra) near his mouth. The background is dark, and the man's face is partially obscured by the text.

# 7. Dýchej pravou dírkou.

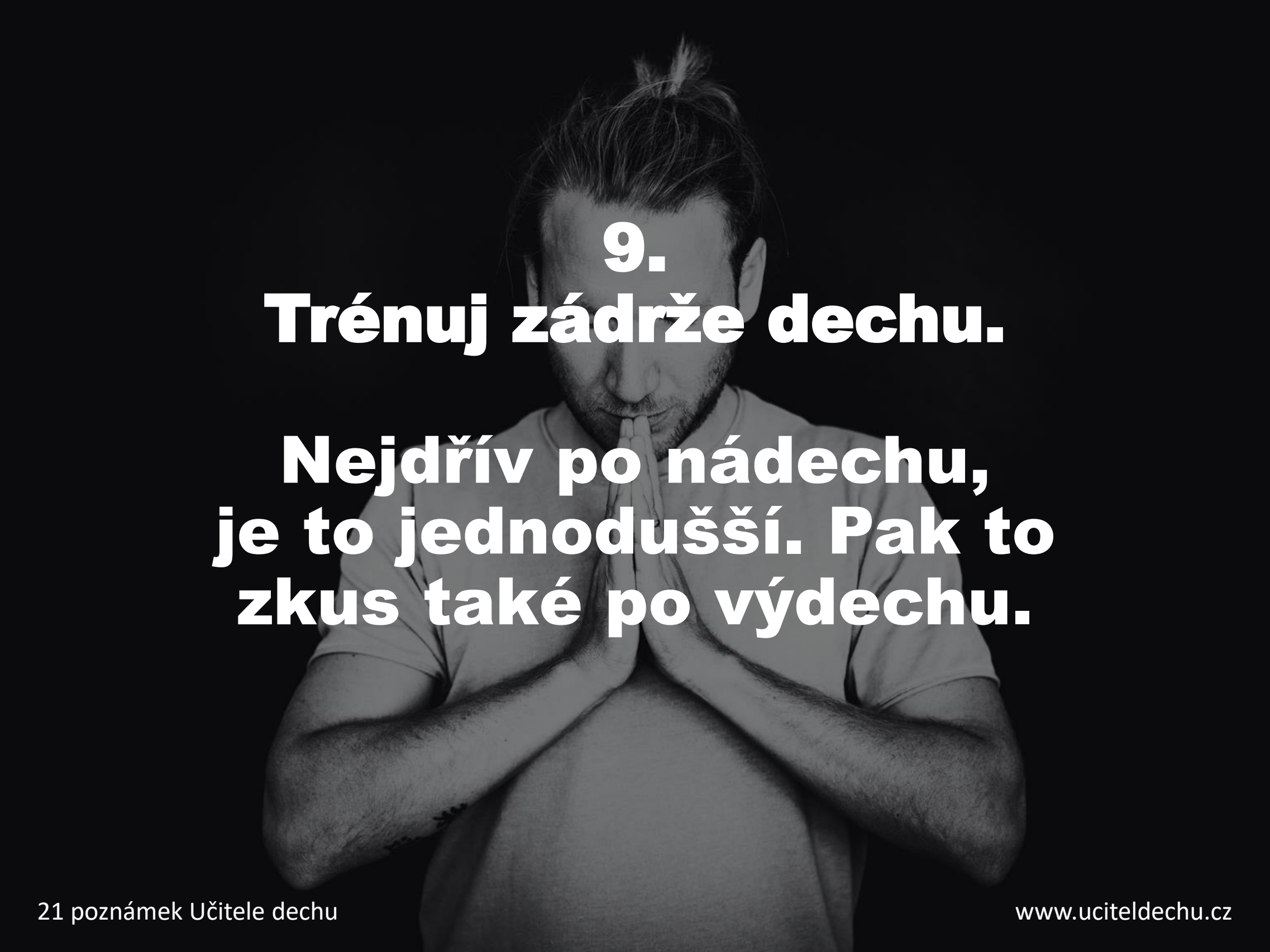
**Po třech minutách  
aktivuješ Sympatikus  
– energii a kreativitu.**



A grayscale photograph of a man with long hair tied back, performing a meditative gesture with his hands pressed together in a prayer position (Anjali Mudra) in front of his chest. He has a calm expression and is looking slightly downward. The background is dark, making the man stand out.

**8.**  
**Dýchej levou dírkou.**

**Po třech minutách  
aktivuješ Parasimpatikus  
– klid a mír, trávení.**



**9.**  
**Trénuj zádrže dechu.**  
**Nejdřív po nádechu,**  
**je to jednodušší. Pak to**  
**zkus také po výdechu.**

A grayscale photograph of a man with long hair tied back, sitting in a meditative posture with his hands pressed together in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a calm expression. The background is dark, making the man stand out.

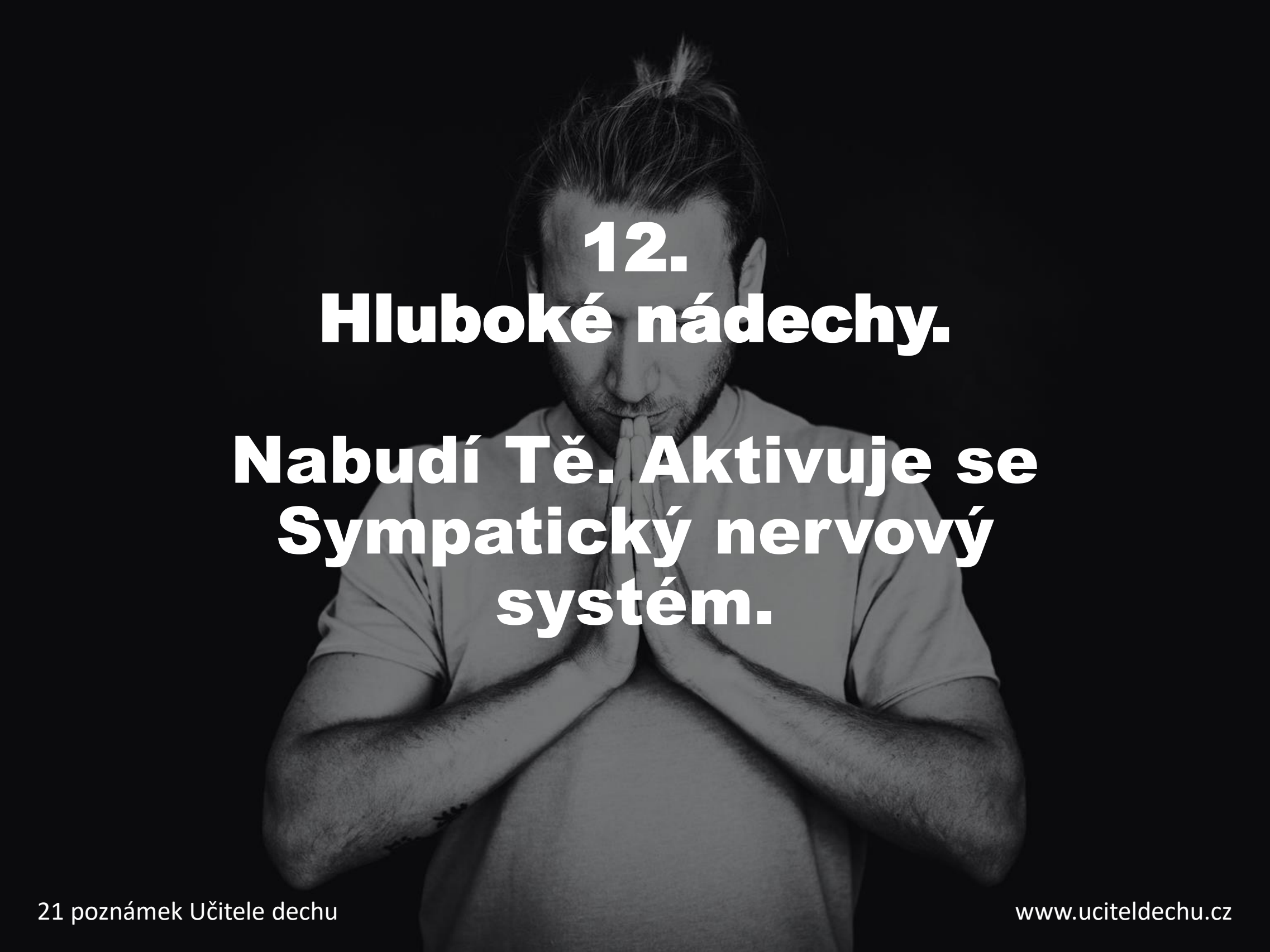
# **10. Optimální dech.**

**5,5s nádech a 5,5s výdech =  
5,5 nádechů za minutu.  
Potvrzeno historií i vědou.**

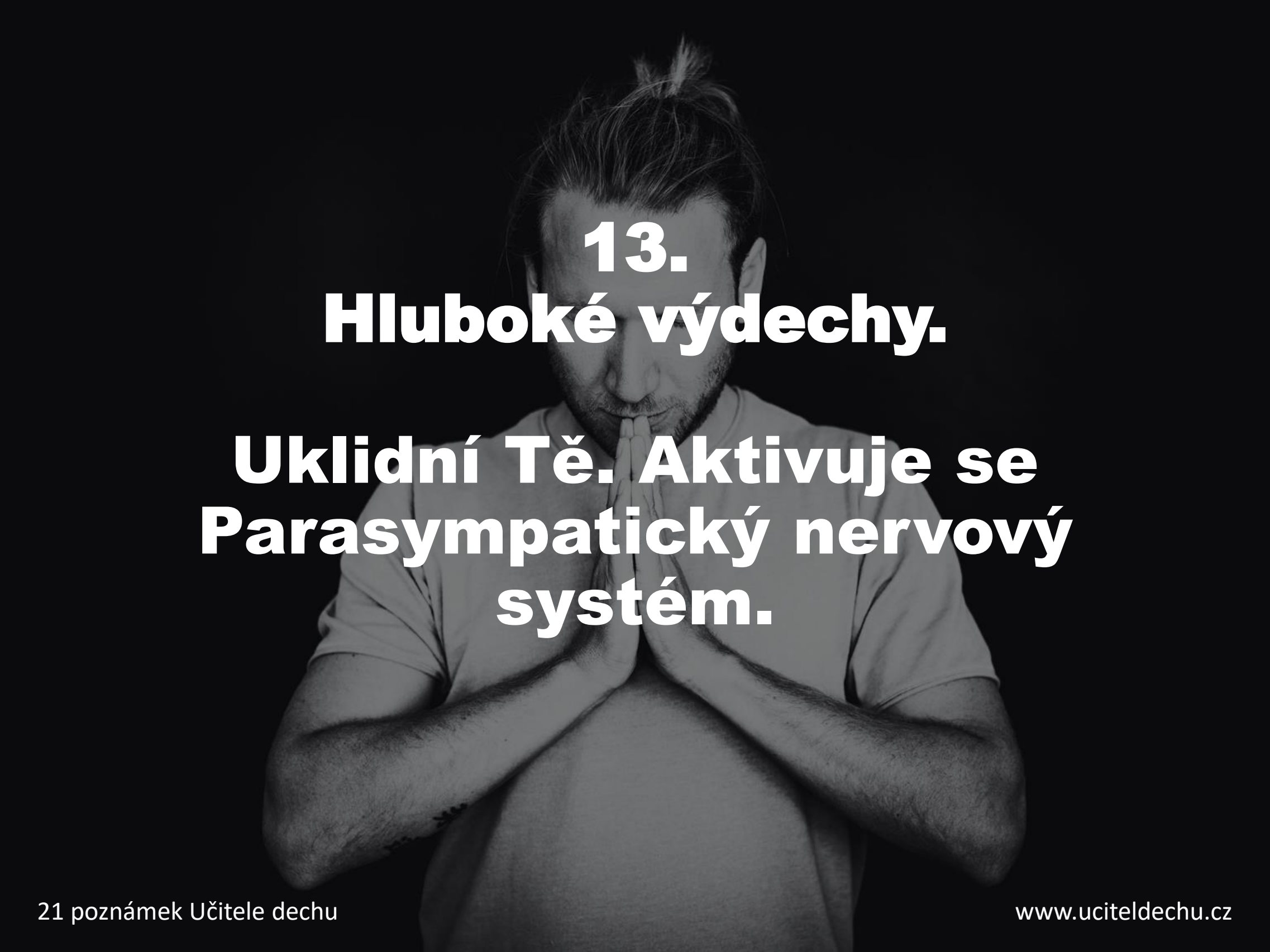


**11.**  
**Oxid dusnatý NO.**

**Důležitý pro tělesné  
funkce, aktivuje se  
dýcháním nosem.**

A grayscale photograph of a man with long hair tied back, performing a meditative gesture with his hands pressed together in front of his mouth. The background is dark, and the man's face is partially obscured by the text.

**12.**  
**Hluboké nádechy.**  
**Nabudí Tě. Aktivuje se**  
**Sympatický nervový**  
**system.**

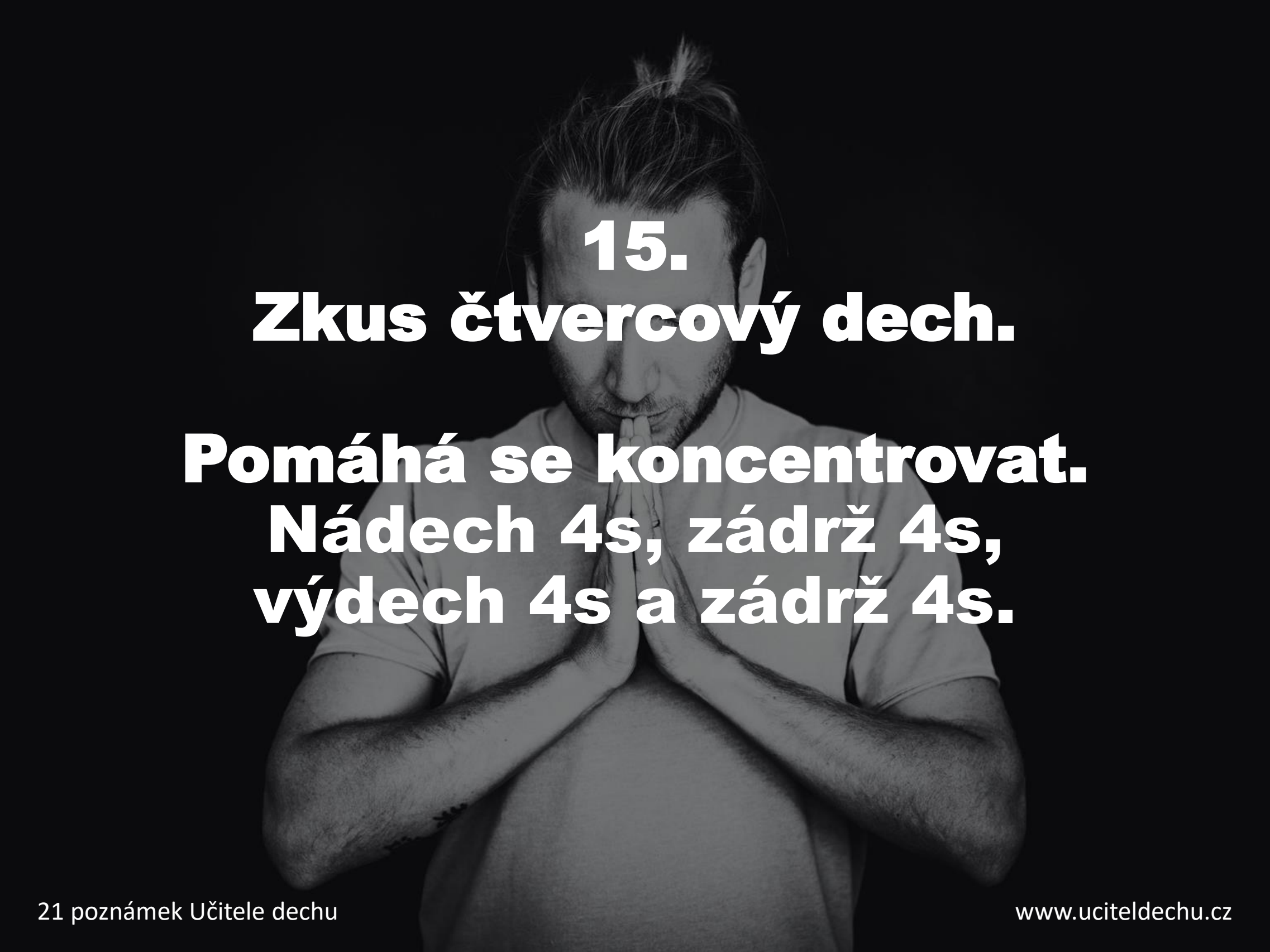
A grayscale photograph of a man with long hair tied back, sitting in a meditative pose with his hands pressed together in front of his mouth. The background is dark. Overlaid on the image is white text.

**13.**  
**Hluboké výdechy.**  
**Uklidní Tě. Aktivuje se**  
**Parasympatický nervový**  
**system.**

A black and white photograph of a man with long hair tied back, sitting in a meditative pose with his hands pressed together in front of his face. The background is dark, and the man's face is partially obscured by the text.

# 14. Hluboké nádechy i výdechy.

**Vystřelí Tě do nebe  
nebo přímo do vesmíru.  
Budeš v extázi.** \*pouze pro pokročilé



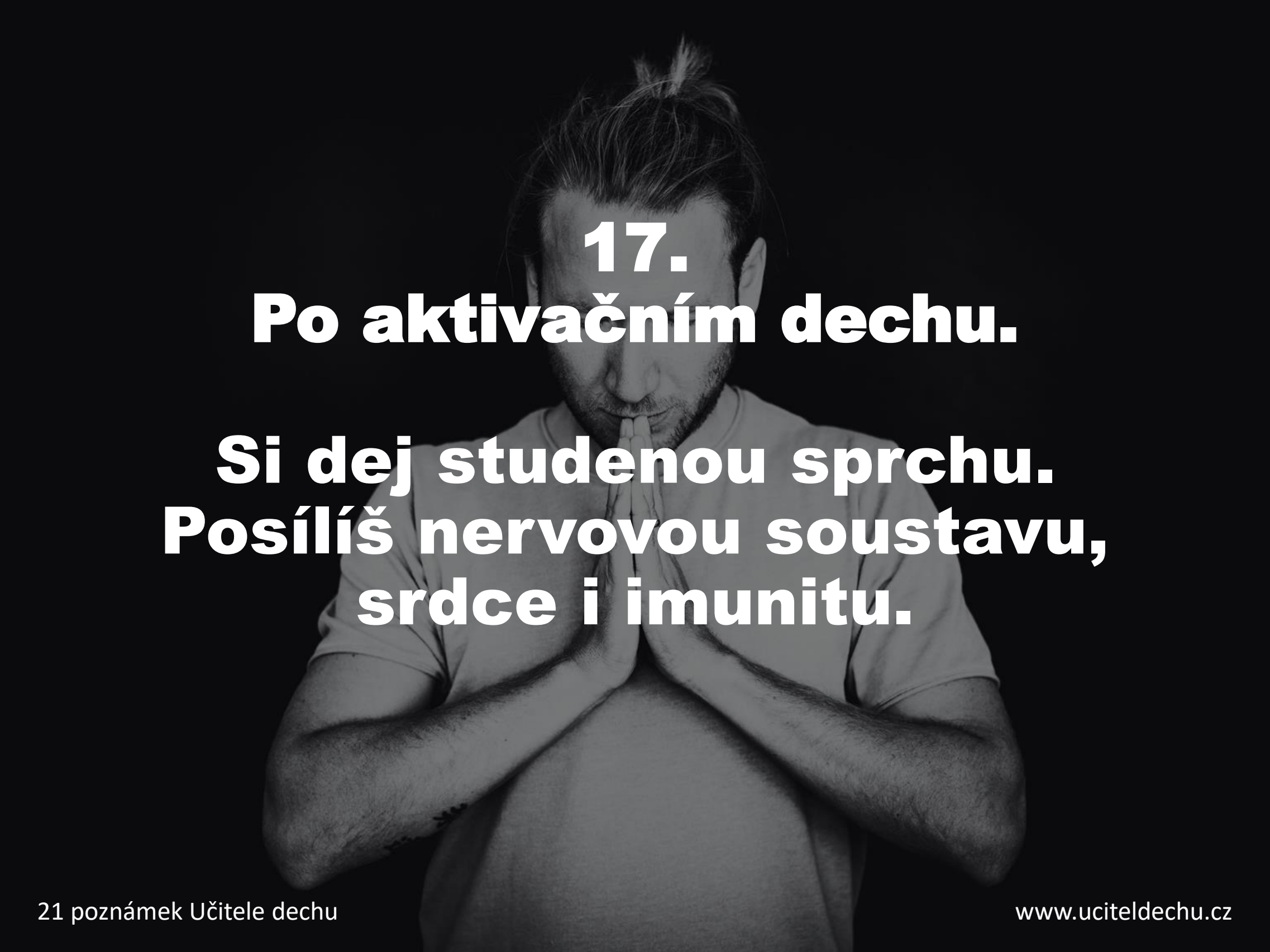
**15.**  
**Zkus čtvercový dech.**  
**Pomáhá se koncentrovat.**  
**Nádech 4s, zadrž 4s,**  
**výdech 4s a zadrž 4s.**





**16.  
Změř si BOLTa.**

**Kolik vydržíš v zádrži  
po výdechu? Nad 30s  
je to v pořádku.**



**17.**  
**Po aktivacním dechu.**  
**Si dej studenou sprchu.**  
**Posílíš nervovou soustavu,**  
**srdce i imunitu.**



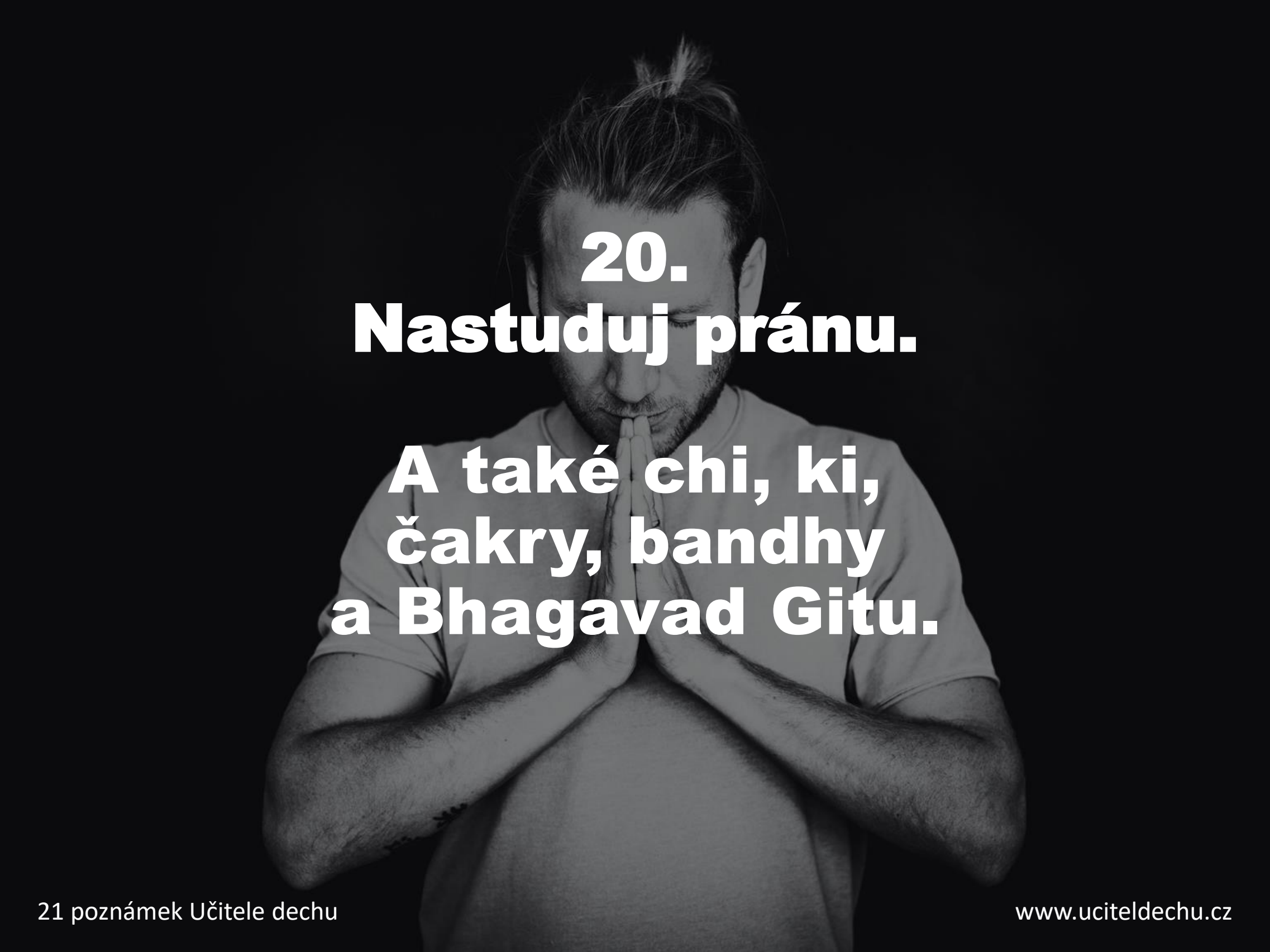
**18.**  
**Protahuj páteř.**

**Při dýchání i zadržích.  
Jsi tak starý, jak ohebná  
je Tvá páteř.**

A black and white photograph of a man with long hair tied back, wearing a light-colored t-shirt. He is in a meditative pose, with his hands pressed together in a mudra (prayer position) near his mouth. The background is dark. The text is overlaid on the image in white.

# **19. Dýchej zadkem.**

**Zapoj mula bandhu.  
Energetický zámeček  
v pánevním dnu.**

A black and white photograph of a man with long hair tied back, wearing a light-colored t-shirt. He is in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra) near his chest. His eyes are closed, and he has a serene expression. The background is dark, making the man stand out.

**20.**  
**Nastuduj pránu.**  
**A také chi, ki,**  
**čakry, bandhy**  
**a Bhagavad Gitu.**



**21.**  
**Vzdělávej se.**

**Koukni na YouTube  
na Hofa a Buteyka,  
čti Grofa a Nestora.**