

INSTRUCTIONS

BREATHING TOOLKIT

IN 432 HZ

BY ADRIAN KUIPERS



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Welcome to the Breathing Toolkit in 432 Hz by Adrian Kuipers.

If you are new to the Wim Hof breathing method, please go first to WimHofMethod.com for instructions on how to do the breathing exercises. If you are new to this breathing toolkit, I would advise you to start with track 3, 5 or 7. These are full breathing sessions where you hear my breath in the background, so it helps you with timing the breath holds.

3 Levels:

Easy	3 Rounds	60 sec / 90 sec / 90 sec	No Speed Up
Medium	3 Rounds	60 sec / 90 sec / 100 sec	With Speed Up
Hard	4 Rounds	90 sec / 100 sec / 110 sec / 120 sec	With Speed Up

Note: I know that Wim teaches to use your own rhythm, and that's okay :) but I would really like to invite you to try to breathe on the rhythm of this music and ride with the waves, and just feel what happens.

How the music is built up:

1	The breathing session starts with a 17 seconds intro to be able to lay down and get comfortable.
2	The actual breathing session starts when you hear the piano going up like a wave. I wanted the music to be like a massage of sound during the breaths, the music also builds up with intensity, to amplify the sensations you feel during the build up and has a heart beat pulsing.
3	After a breathing round you hear a bell and the breath hold music will start. This music is meant to float, to fly, to be able to observe all sensations. But also to be therapeutical, a sort of acupunctural maybe.... hard to explain in words. Music that resets, re-orders the cells, re-orders the mind, a sort of defragmentation like you had to do in the past with your hard disk.
4	And when it is time to breathe in and hold, the music makes you feel like you inhale the energy of the whole universe, and you are a sort of black whole yourself. At least that was my intention :)
5	Step 2 till 4 are repeated till we finished the rounds and the Recovery music starts. This music is made to be able to land back on earth again with a smile on your face.

repeat rounds



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The session builder:

The session builder is made, so you can choose your own amount of rounds and your own length of breath holds.

Track 8 is an instruction on how to use the session builder (the same as written below)
Track 9 till 17 are the tracks to use to build your own custom session.

You can build a session 2 ways:

1 In the Bandcamp app. Click on the heart at the bottom of the screen, here you see your purchased albums. Go to the Breathing Toolkit album. Add the tracks individually by pressing on the 3 dots next to the track and choose 'add to queue'. When asked to add it again, press 'yes'. Then play the queued playlist and enjoy.

2 By downloading the audio files in MP3 or High Quality WAV or FLAC from the Bandcamp website. Then open iTunes, VLC, Media Player or your favorite music playlist builder. Make a playlist and drag tracks in it.

Tip: Depending on your settings of your music player, you might like to disable the cross-fade option, so the tracks are not cross-fading.

Playlist example:

- You can start with track 9, this is the first round with a 17 seconds intro to be able to lay down and get ready.
- Add track 13, this is a breath hold track of 90 seconds.
- Add track 10 as the second round track.
- Add track 13 again for a second breath hold of 90 seconds.
- Decide your own amount of round and lengths by adding more breath and hold tracks.
- End with track 17, the recovery track to land back on earth.

Personal note:

When you are reading this, you probably already bought the music, and I really like to thank you for this, it was a lot of work and I put all my heart into it :). If you didn't buy it yet, please go to www.AdrianKuipers.com or BandCamp.com and you will get the album in the highest quality to stream or to store on your computer or phone.

Thank you,
With love,



Adrian Kuipers