

INSTRUCTIONS

BREATHING TOOLKIT

IN 432 HZ

BY ADRIAN KUIPERS



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INSTRUCTIONS

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 watch the video first, to know where are the cue points for the breath and the hold. Then 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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Build your own playlist:

If you bought the full breathing toolkit, then you also received the music in pieces, 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 playlist:

- 1** By downloading the Zip file with the audio files in MP3 on your desktop computer. Then open iTunes, VLC, Media Player or your favorite music playlist builder. Make a playlist and drag tracks in it.
- 2** If you use a phone, you just have to do a small search on the internet on how to make playlists from MP3 audio files on your specific phone. You can also copy the MP3 files on a stick or MP3 player and build your playlist from there.

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.BreathingToolkit.com and you will get the music in the highest quality. There you also find the music videos, where I guide you with the music.

Thank you and enjoy!

With love,



Adrian Kuipers