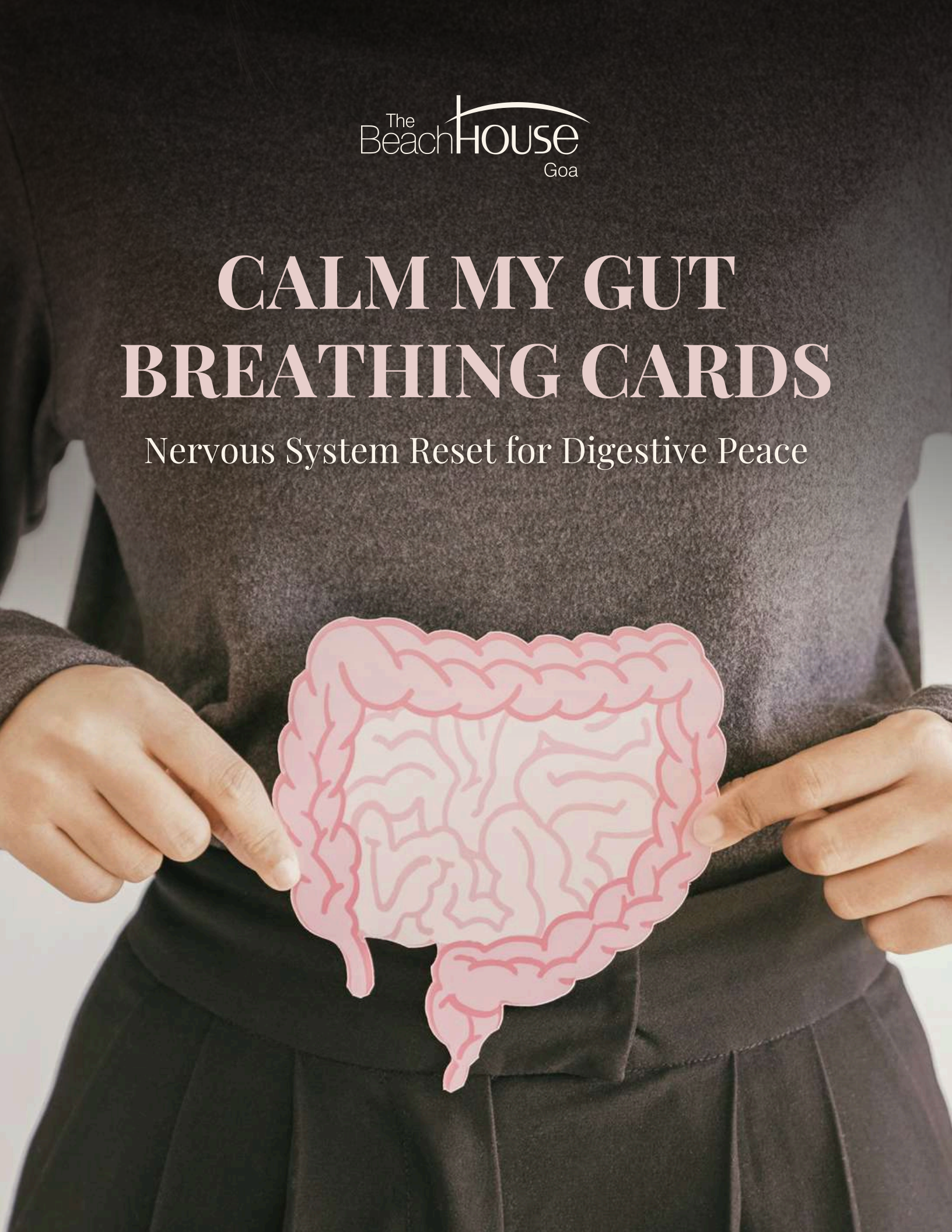
The Beach House Goa

CALM MY GUT BREATHING CARDS

Nervous System Reset for Digestive Peace



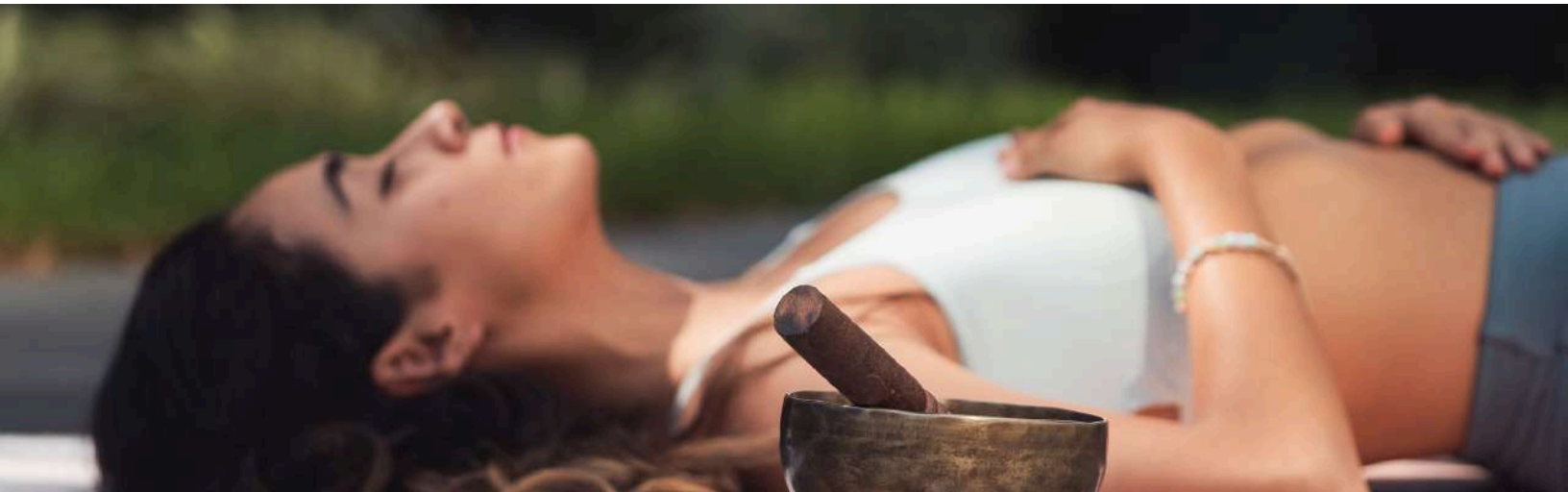
A Gentle Beginning

Your gut listens to your life —your stress, your pace, your unspoken emotions.
When your mind races, your digestion slows.
When anxiety climbs, your belly tightens.
When the day feels heavy, the gut feels it first.

Breath is your bridge back to balance.

These cards offer simple breathing rituals that soothe the nervous system, ease bloating and tension, and bring peace back to your center — one slow inhale at a time.

Print them. Keep them near your dining table, desk, or bedside.
Let them become your daily invitation to softness.



How to Use These Cards -

Choose your breath based on how your gut feels today:

WHEN YOU FEEL...

BLOATING, HEAVINESS

TRY THIS...

Deep Belly Breathing

WHEN YOU FEEL...

ANXIETY + BUTTERFLIES

TRY THIS...

Deep Belly Breathing

WHEN YOU FEEL...

EMOTIONAL TIGHTNESS IN BELLY

TRY THIS...

Hand-to-Heart + Belly Breath

WHEN YOU FEEL...

NIGHTTIME GUT DISCOMFORT

TRY THIS...

4-7-8 Sleep Breath

WHEN YOU FEEL...

BLOATING, HEAVINESS

TRY THIS...

Deep Belly Breathing

For bloating & digestive sluggishness

- **Place one hand on your belly**
- **Inhale through the nose → feel belly rise**
- **Exhale slowly → belly softens**
- **Repeat 10 rounds**

Affirmation:
"I soften. I release. I make space for ease."

WHEN YOU FEEL...

ANXIETY + BUTTERFLIES

TRY THIS...

Box Breathing

For anxiety, racing thoughts, stress-eating

- **Inhale 4 seconds**
- **Hold 4 seconds**
- **Exhale 4 seconds**
- **Hold 4 seconds & Repeat for 5 rounds**

Affirmation:
"I am safe in this moment."

WHEN YOU FEEL...

EMOTIONAL TIGHTNESS IN BELLY

TRY THIS...

Hand-to-Heart + Belly Breath

For emotional tension stored in the gut

- One hand on heart, one on belly
- Inhale into both palms as if filling both spaces with warmth
- Long, sighing exhale
- Repeat slowly for 2 minutes

Affirmation:
"I listen to my body with love."

WHEN YOU FEEL...

NIGHTTIME GUT DISCOMFORT

TRY THIS...

4-7-8 Sleep Breath

For nighttime discomfort & restless digestion

- Inhale 4
- Hold 7
- Exhale 8
- Repeat 4–6 cycles

Affirmation:
"I allow deep rest to restore me."

A Quiet Note

Your gut is not asking you to do more —
It’s asking you to slow down.

These practices are tiny pauses that tell your belly:
“You’re safe. You can soften now.”

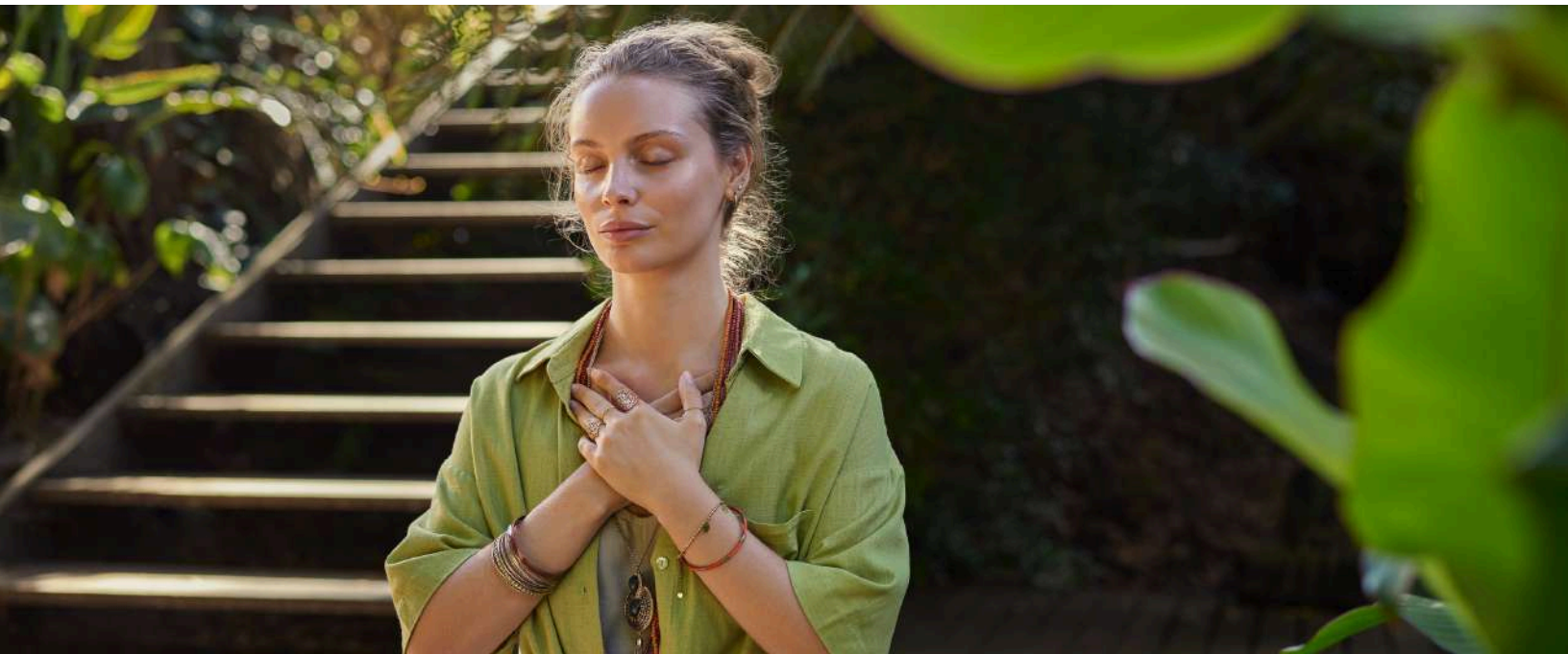
Use them before or after meals, during stressful moments, or anytime your body whispers for relief. Your breath is always here — your calm is always within reach.

Want deeper support?

If your gut has been calling for long-term healing, the **Ayurveda Indian Detox Retreat** at The Beach House Goa offers a sanctuary for your digestion, mind, and nervous system.

- Personalised Ayurvedic care
- Daily yoga + breathwork
- Healing meals for gut balance
- Spa & Holistic Therapies to release stress stored in the body

Discover a new rhythm of wellness by the sea.
Explore & Book: https://thebeachhousegoa.com/



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