Glastonbury Inspired Breathing Exercises

FOR FOMO RELIEF [Transform festival envy into inner calm with these science-backed breathing techniques]

The Breathing Room

Air Necessities of Life

Pyramid Stage Breathing

Based on the 4-7-8 breathing technique

The Science

The 4-7-8 breathing pattern activates the parasympathetic nervous system, triggering your body's natural relaxation response. This technique increases GABA (the brain's calming neurotransmitter) and reduces cortisol levels, effectively counteracting the stress and anxiety that comes with FOMO.

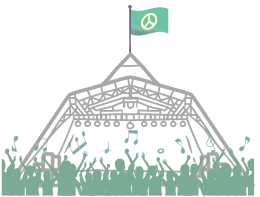
The Practice

Visualise yourself at the iconic Pyramid Stage, feeling grounded and present.

Base Foundation (Inhale for count of 4): Breathe in slowly through your nose, imagining you're standing amongst the crowds, drawing in the energy of thousands of people.

Pyramid Peak (Hold for a count of 5 - 7): Hold your breath in for a count of 5 (or 7 if comfortable) and feel the ground beneath you.

Sound Wave Release (Exhale for 8): Exhale through your mouth, with pursed lips, with a soft "whoosh," letting go of any FOMO like sound waves flowing across the festival fields. Shake off any excess FOMO vibes from your body with gentle movement. Notice how you feel.



Green Fields Grounding Breath

Inspired by Box Breathing (4-4-4-4 pattern)

The Science

Box Breathing, used by Navy SEALs and meditation practitioners, this practice balances the autonomic nervous system by equalising inhale and exhale phases, helping the mind focus and body relax. The breath holds will help produce nitric oxide in the nasal cavity which helps improve blood flow.

The Practice

Connect with the peaceful, higher spirit of Glastonbury's Green Fields where the wind blows low and Sir Michael Eavis is often found mingling amongst the trees and the people.

Inhale for a count of 4: Breathe in through the nose, imagine feeling the fresh Somerset air enter the bottom of your lungs.
Hold for a count of 4: Pause the breath and feel your feet rooted to the earth like the ancient trees surrounding you.
Exhale for a count of 4: Breathe out while visualising your worries flowing away like the morning mist over Worthy Farm.
Hold empty for a count of 4: Hold the breath out - feel the the stillness, feeling connected to the land and its peaceful energy.

Continue for 5-10 minutes, focusing on the vibrant and peaceful energy this area of the festival brings you, along with all the memories you have made here = or plan on making there next year.

Stone Circle Sacred Breath

The Breathing Room
Air Necessities of Life

Based on Coherent Breathing (5.5 second breaths per minute)

The Science

Coherent Breathing guides the breath into a 5.5 breaths per minute, optimising heart rate variability. This rhythm matches the body's natural resonant frequency, promoting coherence between the heart and brain, reducing stress hormones and increasing feelings of connection and wellbeing.

The Practice

Channel the ancient wisdom and spiritual energy of Glastonbury's Stone Circle.

Sacred Inhale (5 seconds): Breathe in through your nose slowly, imagining you're sitting within the mystical Stone Circle at sunrise, absorbing centuries of positive energy and guidance.

Sacred Exhale (5 seconds): Breathe out gently, releasing your attachment to what you're missing and embracing gratitude for what you have right now. See yourself there next year! It will happen. And the sun will shine.

Continuous Flow: Maintain this steady 5-5 rhythm, visualising yourself as part of the eternal cycle of breath, music and community that Glastonbury represents.

Practice for 10-20 minutes, ideally outdoors or using your imagination.