



**blue**  
THE VIDABALL IS READY WHEN YOU NEED A MOMENT OF CALM  
And knowing how to breathe effectively so you can self-regulate the body and manage stress is a key component to your well-being.  
The trouble is many of us don't really know how to breathe effectively. This can affect the nervous system bringing on symptoms like fatigue, anxiety, GI issues, poor sleep, stress, headaches, neck/pain, back pain, nausea, heart palpitations and more.  
**It's okay, take a deep breath.**  
The vidabALL will teach you how to unlock a better breath, how to invoke a sense of calm and how to tap into the power of abdominal breathing.  
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Adopting a daily breathing practice will be a game-changer in helping you cope with life's demands, courtships and challenges.  
There isn't a more powerful or simple healthy habit to create your health and wellbeing than a daily practice of breathing.  
Expand YOUR Breath. Elevate YOUR Health.  
With you every breath of the way.  
Stacy K. Fréz, Creator of the vidabALL.

**white**  
press [ ] button x4  
EQUAL RATIO BREATHING

**yellow**  
press [ ] button x4  
BOX BREATH  
FOUR-SQUARE BREATHING

**green**  
press [ ] button x4  
4-7-8 BREATH

**orange**  
press [ ] button x4  
LION'S BREATH

**purple**  
press [ ] button x4  
HUMMING BEE BREATH

**Thank you for joining our community, I am thrilled you are here.**  
I created the vidabALL to help you develop a nourishing, life-giving healthy relationship with your breath. Yes, breathing or taking a breath is simple and easy, you just breathe and exhale... it happens without us even realizing about it. It's automatic.  
You have 20k breathe every single day without a single thought! But, your breath is like the control panel to your brain. ADHD, are mostly breathe operating on autopilot.  
**Why is it so important for you to breathe better?**  
Many of us live in the state of stress. Hyperactivity. Busy. This creates chaos for our nervous system which can result in a "busy" mood.  
**GOOD NEWS.**  
You don't have to live in constant stress.  
You have a built-in tool for countering stress and anxiety, one that is simple and powerful.  
**The breath.**  
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