

Breathe
Yourself
Free

Breathwork Guidebook

Find out what to expect and how to prepare for your breathwork session



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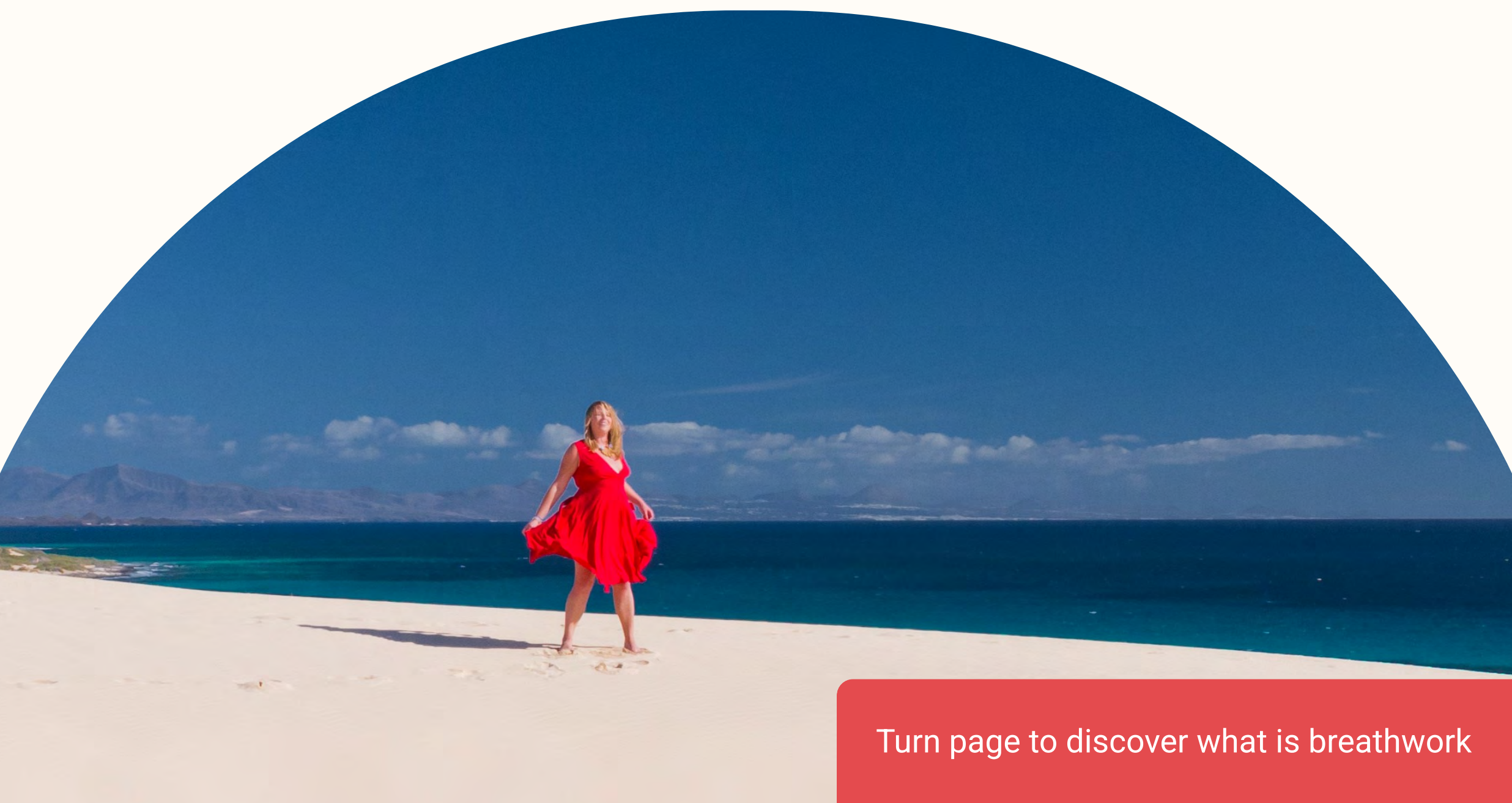
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What to expect?

First of all, I would like to ask you to congratulate yourself for taking a step towards healthier and more fulfilling life 🎉

After reading this guidebook you will feel confident about:

- 👍 Breathwork and its benefits
- 👍 Possible effects of breathwork session
- 👍 Considerations around breathwork
- 👍 Getting ready for your session



Turn page to discover what is breathwork

What is breathwork?

Did you know that the only physiological function that you can perform both willingly and involuntarily is breathing?

Fascinating, right? You can breathe deliberately and manipulate your breath, or you can let your body breathe on its own.

Breathing is controlled by the region of the brain that deals with fundamental survival because, newsflash, it is impossible to survive without it. This portion of the brain is also known as the subconscious mind, and it houses ideas, emotions, and feelings that we are often unaware of.

Most of us inhale shallowly in our daily lives, resulting in only a small amount of oxygen being introduced into our bodies. As a result, we are not providing them with the energy they require to ensure physical and emotional health.

Another disadvantage of shallow breathing is that you do not release enough carbon dioxide, and your body retains toxins and wastes that, you guessed it, negatively impacts your health.

According to experts, more than 90% of adults use less than 50% of their breathing capacity. All these effects add up to a poor quality of life and health.

The method I work with is a form of Conscious Connected Breathing (CCB) called Holosomatic Breathing. CCB is characterized by inhaling and exhaling through your mouth to your belly without making any breaks between inhalation and exhalation.

Holosomatic Breathing is a form of CCB that focuses on inducing altered states of consciousness. Similar to the ones that you would enter when using psychedelics. The difference is that it is completely natural and you can control its intensity and duration. When you do this type of breathwork you can immerse into your subconscious mind to release trauma, anxiety and emotional pain. This is how you expand!

When you regularly do breathwork, you strengthen the neurological pathways to your inner intelligence and subconscious. This is why breathwork is a powerful way to integrate deep inner work into your daily life which leads to healthier, more fulfilling life.

Next read about its multiple benefits

What's in it for me?

Whether you want to live in a healthier body, calm your mind, or experience deep connection with the divine, breathwork has benefits for you.



Benefits for the body:

- ✓ detoxifies, rejuvenates and vitalizes
- ✓ boosts immunity
- ✓ helps in pain relief

Benefits for the mind:

- ✓ connects body and mind
- ✓ regulates nervous system
- ✓ facilitates trauma release



Benefits for the soul:

- ✓ connects with the divine energy
- ✓ enables spiritual awakening
- ✓ improves mental clarity
- ✓ releases creativity



Flip to find out what you might experience during your session

How does it feel?

During a breathwork session, you may experience different healing symptoms. Some sessions can be very emotional, others more physical.

You may experience all sorts of physical sensations. For example, tension, cramping, and tingling in your limbs or mouth. It is common to feel dizzy, sweat or experience breathing difficulties. Often you may be feeling sleepy and start yawning. It is completely normal and is a very good sign. It means that your body is entering a state of deep relaxation.

Crying during a session is also very common since it is our most basic method of releasing emotions. You may experience strong sensations without knowing what they are about. You do not have to know. This practice is not about rationalizing and understanding. It is about feeling. Don't be inhibited. Let your body do what it needs to do for you to release emotions.

The symptoms tend to become more and more acute until you reach a peak and then release. However, they can also come and go during the session and be released bit by bit. The beauty of this solution is that you can snap out of it whenever you want.

If the symptoms get too intense, you can come back to more relaxed breathing at your own pace. There is no perfect way to do this. There are no *shoulds* in spiritual practices. You decide how long and to which level of intensity you want to engage.

It is very common to continue releasing symptoms and having healing experiences for two weeks after the session, so please be gentle and kind with yourself afterwards. Ideally, you would want to stay in touch with your healing facilitator to help you make sense of your experiences and emotions.

Some people ask about hyperventilation. During connected breathwork, a certain form of hyperventilation (aka super ventilation) occurs, however that "voluntary hyperventilation" is different from the medical phenomenon and is completely safe.

In any case, I will be there with you the whole time, guiding you, and easing you through the whole process.

Turn page to read about considerations

Any considerations?

For the sake of your safety it is important that you read them. Sorry for the long list. Breathwork is not for you if you are living with:

- ✓ Epilepsy
 - ✓ Detached retina
 - ✓ Glaucoma
 - ✓ Uncontrolled high blood pressure
 - ✓ Mental disorders
 - ✓ Strokes
 - ✓ Cancer
 - ✓ Transient ischemic attacks
 - ✓ Seizures or other brain/neurological conditions
 - ✓ A family history of aneurysms
 - ✓ Use of prescription blood thinners
 - ✓ Cardiovascular diseases (including prior heart attack)
 - ✓ Any psychiatric condition or emotional crisis within the past 10 years
 - ✓ Osteoporosis or physical injuries that are not fully healed
 - ✓ Acute somatic and viral diseases
 - ✓ Chronic obstructive pulmonary disease (COPD-II and COPD-III)
 - ✓ Chronic diseases with symptoms of decompensation or terminal illness
 - ✓ Individual intolerance of oxygen insufficiency
 - ✓ Low impulse control
- Upon physician's approval:
- ✓ Pregnant women
 - ✓ People with asthma
- And last but not least:
- ✓ You can't be under influence of drugs or alcohol

How to prepare?

Thank you for getting this far!

Now, let's get ready for your breathwork session.

I'd love to take you on a beautiful journey and ensure you have the best possible experience. For that, I would like to ask you to:

- ✓ Contemplate which benefits resonate with you the most
- ✓ Think about your intention for the session
- ✓ Eat 2 hours before the session at the latest
- ✓ Bring your journal and your favourite pen

Specific for online session:

- ✓ Set up a quiet space where you won't be disturbed
- ✓ Check your internet connection
- ✓ Charge your headphones or plug a speaker
- ✓ Grab a yoga mat, cushions, bolsters and/or blankets
- ✓ Prepare a blindfold or a scarf to cover your eyes
- ✓ Make sure you have some tissues at hand ;)
- ✓ Join the session on time to follow the onboarding
- ✓ Prepare a soothing drink, for example cacao, herbal tea or just water

Looking forward to your session? Share your excitement on Insta!