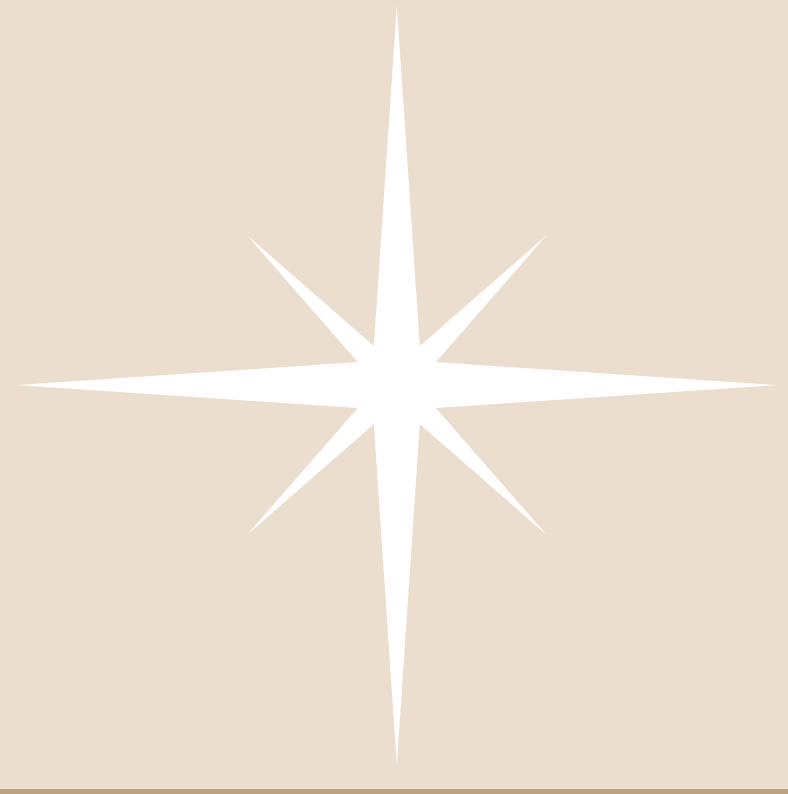
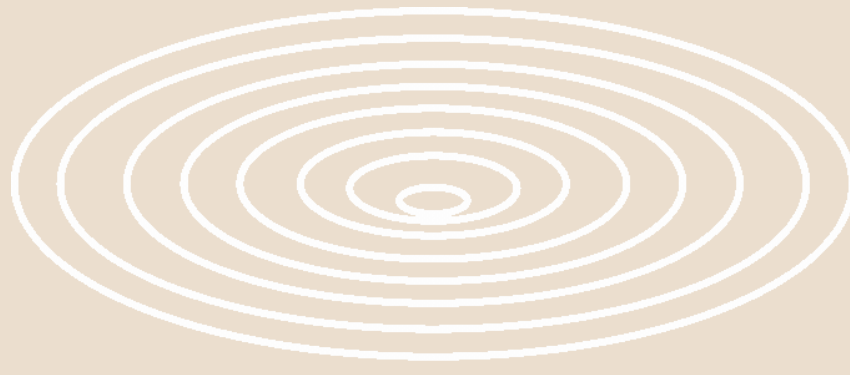


B R E A T H W O R K



Breathwork is a term that covers a variety of deliberately controlled breath techniques from traditions all over the world. The breath is controlled by intention and cognizant awareness. This differs from our routine breathing because breath is usually regulated by our brain stem as an automatic function like digestion, and heart activity. By bringing our attention and intention to our breathing and patterning its rhythm we alter the relationship and repair the balance between our sympathetic and our parasympathetic nervous systems.

This can be done for a wide range of benefits and purposes including mindfulness, meditation, reducing stress, improving energy levels, raising or lowering the body's core temperature, releasing toxins from the lungs and blood, awareness, focus, increasing immunity, creating connection, healing from pain or trauma, clearing or cleansing energy, attuning or upgrading energetic systems, increasing joy, aligning with core spiritual practices and resetting. Breathwork functions and is successful for several reasons. Primarily it shifts our consciousness from its state of multi-awareness to a task commonly overseen by our autonomic nervous system. This serves two simultaneous functions, one in the mind and one in the body. In the mind, focusing our attention on only one thing we quickly mediate any distractions to mindfulness or awareness, and this allows us to access deeper states of consciousness. In the body, regulating the rate, depth, quality, and temperature of our breathing allows us to alter, rebalance, align, and attune the function of various bodily systems.

Some of the varieties of Breathwork are pranayanic from yogic traditions like Skull Shining Breath, Alternate Nostril Breathing, and Conqueror Breath; some are Shamanic and rhythmic like Rapid Rate, Box Breathing, Spirit Sourced Breathing, and Breath Connection; and some are newer traditions like Holotropic or Rebirthing. Many traditions share practices like Breath of Fire or Cooling Breath. Breathwork collectively is another set of tools to assist you in your healing and spiritual practices.