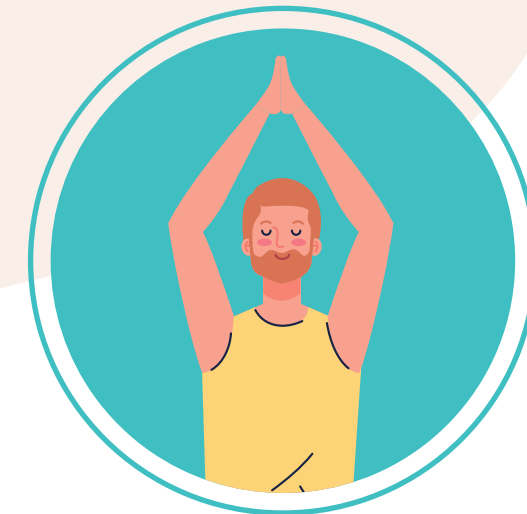
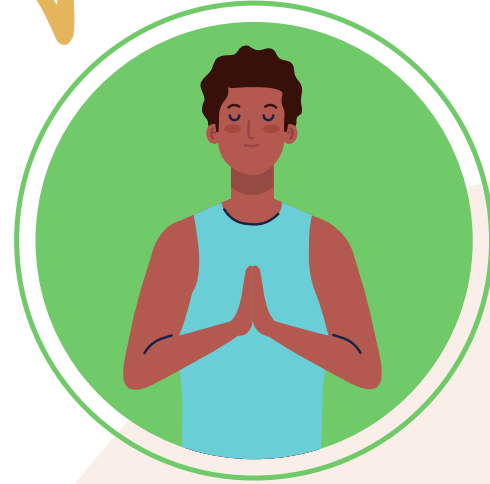


Even Breathing

Introduction to Breathwork

Written by Shalina Litt





Introduction

- Section 1 Types of Breathwork
- Section 2 Benefits of Breathwork
- Section 3 Breathwork Journaling

Please prepare paper & a pen





Introduction

Types of Breathwork

Even Breathing

Box Breathing

Clarity Breathing

* Transformational Breathwork





Benefits of Breathwork*

Anxiety Relief


helps you stay in control and not feel overwhelmed by your emotions

Emotional Regulation

helps you regulate your emotions by putting you in charge of how you feel and what you do next

Mental Health Awareness

Practicing Breathwork on a regular basis reduces the risk of mental health issues and anxiety dramatically..






Breathwork age adaptations



Children



Children as young as 3 years old have demonstrated the ability to start simple concepts of breathwork.




Young People

Young people have shown improvements in areas as drastic as self harming to improvement in self esteem and self confidence.



Adults



'Fight or flight' is the bodies way of responding to stressful situations. Breathwork helps us channel our energy improving our response to stressful circumstances.

Early Years



Clap hands to burst balloon and
emotion disappears

Young People

Emotional Awareness

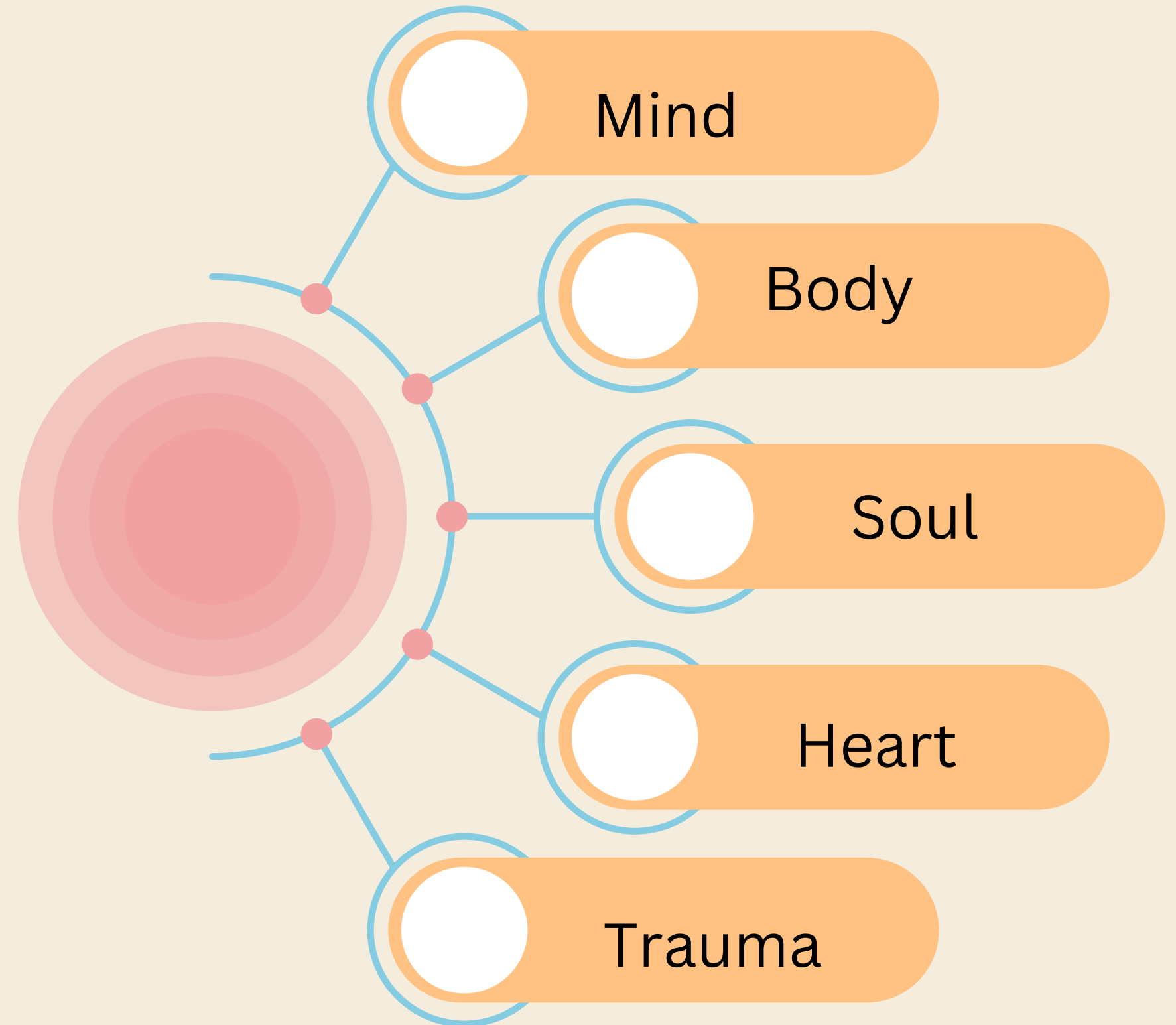
As Children get older we can broaden the idea of where our emotions come from and how we can transform them through questioning and answering narrative



Breathwork Journaling

Feel the difference and see it!

Taking time out to be still has so many benefits and can vary for different people. Journaling is a way of recording and seeing which areas of your life are being impacted the most by the process of observing the mindset narratives you hold or believe.



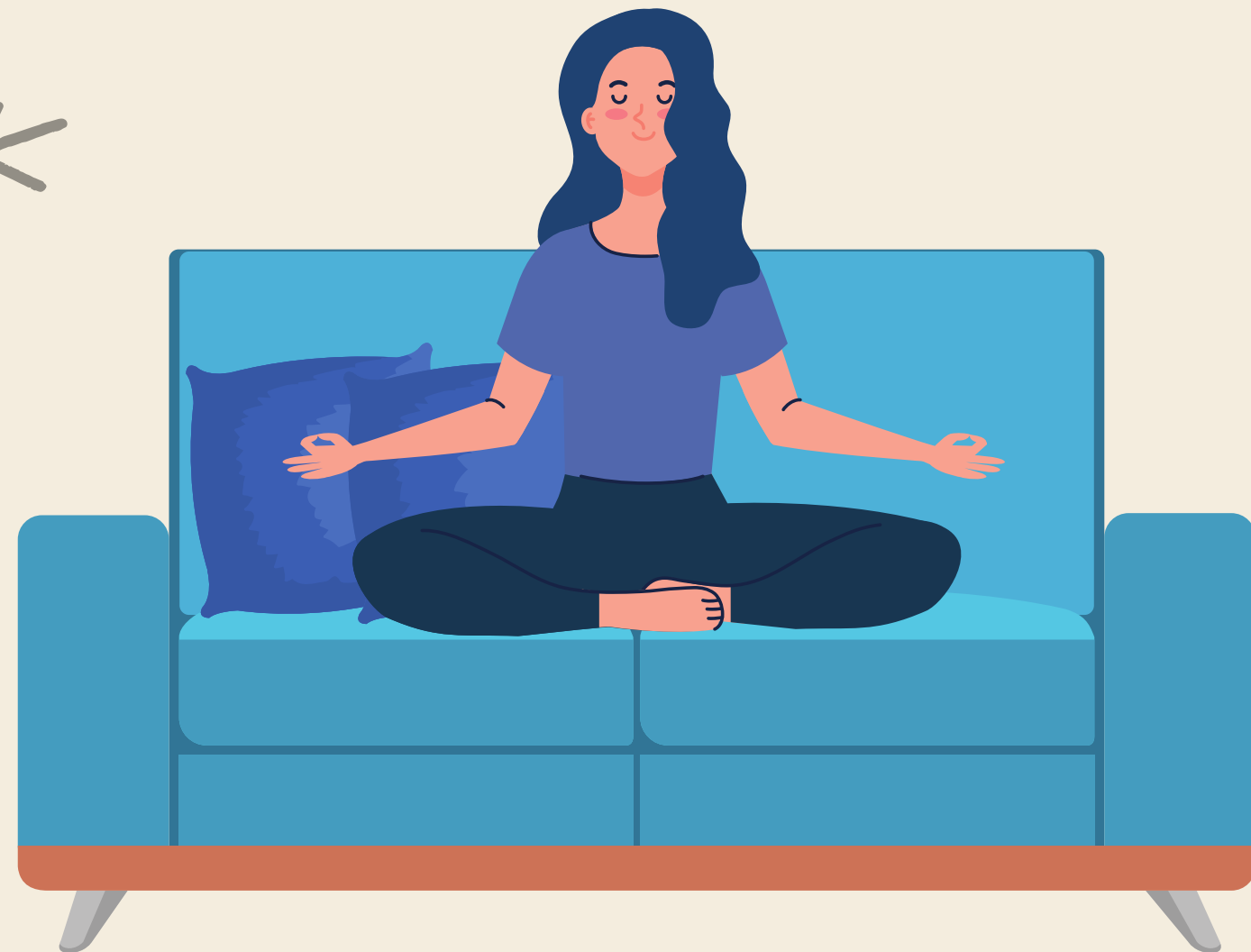


Time to meditate

Instructor's Guide

I recommend you close your eyes and follow my voice to fully embrace the experience. If you have any breathing difficulties or feel like you can't breathe in past a particular number then try taking lighter breathes on the next inhale.

If you are in pain please stop and return to natural breathing to allow yourself to recover and we can discuss at the end of the session.





Tips for Breathwork



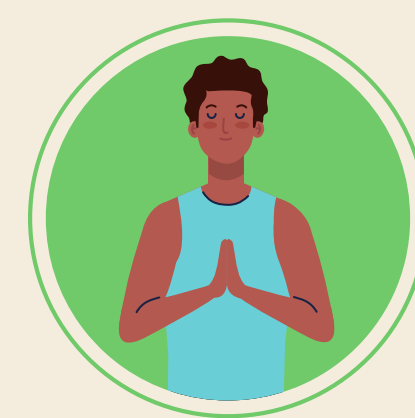
Comfort

To help you get the most out of this make sure you are sitting comfortably





Breath

In this exercise you will breathe in through the nose and out through the mouth



Mindfulness

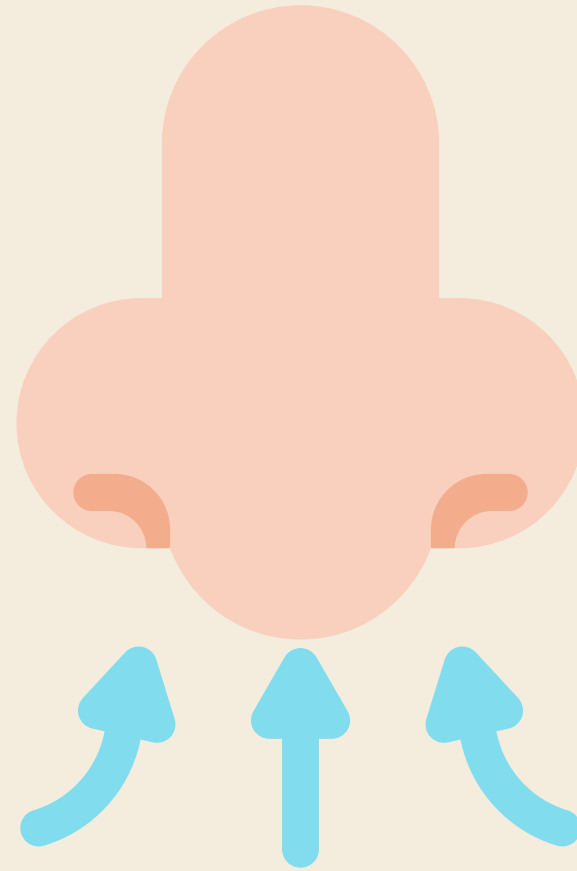
At the end of the counting I will remain silent, use this time to breathe naturally and write what comes up for you, is it mind, body?



Senses



**Close your
eyes**



**Smells to
relax/energise**



**Sounds to
heal/cleanse/energise**

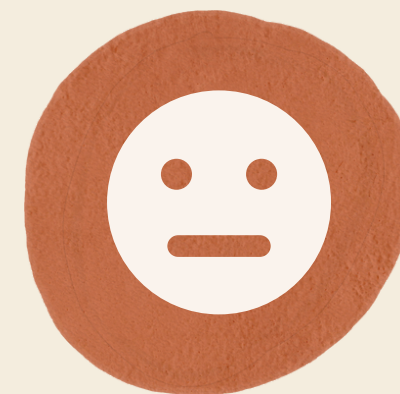
<https://www.youtube.com/watch?v=LFGsZ6ythQQ>



Breathwork Journaling

How are you feeling now?

Before you begin take a moment to note how you are feeling





Breathwork Journaling

Describe Your Mood

Four horizontal dashed lines for writing.



Lets begin

Even Breathing

Close your eyes and rest your mind

Round 1- Power Breaths

Quick short inhale and exhale breaths
working from 1 to 5

Example- Breath in 1, breath out 1, breathe in
2 breathe out 2, breathe in 3 and so on

Round 2- Prolonged Breaths

These Breaths are smooth with no gaps in
between working from 1 to 5



Time to reflect

Now Open
Your Eyes





Breathwork Journaling

Describe Your Mood After your breathwork

Return to your sheet and record how you feel.





Breathwork Journaling

Describe Your Mood



Today's Points



Practice

Over time people have shared benefits such as weight loss, greater confidence and an overall improvement in all areas of their life .



Skill

The skill to immediately recognise a trigger and take control by using breathwork strategies is something that will get quicker impacting yourself and those around.



Thank You!

See You On The Next Class

Contact Us For Any Questions!

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