



## What is Breathwork?

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### Breathwork Explained

Breathwork is the practice of using conscious, controlled breathing to improve mental, emotional, and physical well-being. It includes a wide range of techniques — from slow, calming breaths to energising patterns — all aimed at improving how we feel and function.

Breathwork can be both a daily wellness habit and a deep healing practice. It's used in everything from stress relief and meditation to trauma recovery and performance enhancement. The breath is one of the few automatic systems in the body we can consciously control — and that control opens a doorway to transformation.

Whether you want to reduce stress, feel more balanced, or boost your energy, breathwork is a powerful, natural tool available anytime, anywhere.

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### Key Benefits of Breathwork

#### 1. Reduces Stress and Anxiety

- Activates the parasympathetic nervous system ("rest and digest")
- Calms the amygdala (the brain's fear center) and lowers cortisol
- Brings you back into the present moment during anxious thinking

#### 2. Improves Sleep

- Slows the breath and heart rate to help transition into rest
- Quiets the mind and soothes the body for deeper sleep
- Reduces insomnia and nighttime rumination

#### 3. Boosts Energy and Focus

- Increases oxygen flow to brain and muscles
- Clears brain fog and enhances concentration
- Certain breath techniques stimulate the vagus nerve and adrenal system

#### 4. Enhances Emotional Balance

- Regulates mood by balancing the nervous system
- Helps release suppressed emotions and tension held in the body
- Creates emotional resilience through breath awareness

## 5. Supports Physical Health

- Improves circulation, lowers blood pressure, and boosts immune function
- Enhances respiratory efficiency and CO<sub>2</sub> tolerance
- Reduces inflammation and supports detoxification

## 6. Builds Self-Awareness and Presence

- Helps connect to your body, emotions, and inner experience
  - Deepens mindfulness and presence in everyday life
  - Strengthens the mind-body connection
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### Types of Breathwork

Breathwork techniques vary widely — from simple daily practices to deep therapeutic journeys. Here are some common styles with examples and when to use them:

#### Relaxing Breathwork

For calming the nervous system, lowering anxiety, and supporting sleep:

- 4:8 breathing: Inhale 4 seconds, exhale 8 seconds; ideal for stress relief
- Sighing breath: Inhale deeply, then sigh out with sound — great for tension release
- Extended exhale: Make your out-breath longer than your in-breath to signal calm
- Nasal breathing: Encourages diaphragmatic breath, supports nitric oxide production

#### Balancing Breathwork

To bring emotional equilibrium, mental clarity, and centredness:

- Box breathing: Inhale 4, hold 4, exhale 4, hold 4
- Alternate nostril breathing (Nadi Shodhana): Balances left/right brain hemispheres
- Even-count breath: Inhale and exhale for the same count — grounds and stabilises

#### Energising Breathwork

For boosting energy, mood, and motivation:

- SOMA Breath: Rhythmic breathing with music and breath holds to raise vibration and mental clarity
- Breath of fire: Rapid, short exhales through the nose — energises and cleanses
- Stimulating inhales with breath holds: Quick, powerful inhales followed by brief holds — enhances alertness

## Transformational or Therapeutic Breathwork

For emotional release, deep insight, and healing:

- **SOMA Breath:** Combines rhythmic breathing, guided visualisation, and music to unlock altered states of awareness, enhance emotional release, and deepen self-discovery
  - **Conscious connected breathing (as taught within SOMA Breath):** A gentle, continuous breathing pattern used with intention and music to process emotions and access inner wisdom
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## The Breath is Always With You

Your breath is a bridge between body and mind. Practicing breathwork regularly, even for a few minutes a day, can transform how you feel and respond to life.

No matter what challenges you're facing — emotional, physical, or mental — the breath offers a way through. It's simple, free, and always available — just one conscious breath away from a better state of being.

Start small. Pick one practice and make it part of your day. With consistency, breathwork can become your personal tool for calm, clarity, vitality, and deep inner connection.

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## Disclaimer

Breathwork can be a powerful and transformative tool, but it is not a substitute for medical care. If you have a medical condition, are pregnant, or have concerns about your health, please consult your GP or a healthcare professional before beginning any breathwork practice.

For deeper or more advanced breathwork techniques, it is recommended to work with a qualified and certified breathwork instructor to ensure safety and effectiveness.