



WELCOME MY SWEET!

**Breathwork is an active form of meditation that can bring about a profound emotional transformation in your physical body by simply altering your nervous system via the breath.**

**This means you can regulate all of your emotions and truly find inner peace with a few simple breath patterns.**

**Pretty wild, right?**

# WHAT IS BREATHWORK GOOD FOR?

- Reduces Anxiety
- Levels Out Emotions
- Elevates Your Mood
- Treats Depression
- Aids in Addiction Treatment
  - Relieves PTSD
- Decreases Obsessive Thoughts
  - Lowers Cortisol Levels
  - Increases Muscle Tone
- Decreases Obsessive Thoughts

OKAY, BUT HOW?

When we breathe deeply we are sending more oxygen to the body than it is used to.

This kicks off the Hypothalamus Gland, the Endocrine System and the Pituitary Gland which all work together to produce hormones that give us physical sensations in the body.

When the mind has an opportunity to calm down the body has an opportunity to feel and we can regain power over our emotional states.



# BREATHWORK TECHNIQUE

Try this technique if you are stressed  
& you want to shift your breath  
deeper into your body.

## **Rock & Roll Breath**

- Place a hand on your belly &  
a hand on your chest
- Inhale through your nose & fill up your  
lower lungs while rolling your body  
forward, feeling your hand push out
- Exhale through your nose & roll your  
body backwards, collapsing in on  
yourself, feeling your belly deflate

**Practice 5 Rounds**

# BREATHWORK TECHNIQUE

Try this technique if you are experiencing higher levels of anxiety or stress.

## **4-7-8 Breath**

- Place a hand on your belly & a hand on your chest
- Slowly breathe into your belly through your nose for 4 seconds
- Hold your breath for 7 seconds
- Slowly exhale through your mouth for 8 seconds

**Practice 5 Rounds**

# MY FAVOURITE BREATHWORK HEALING TOOLS

- INCENSE THAT REMINDS  
ME OF HOME
- ROSE QUARTZ CRYSTAL TO  
ACCESS THE HEART CHAKRA
- PEPPERMINT OIL ON MY  
THROAT TO RELEASE TENSION IN  
THE WAY I COMMUNICATE
- MUSIC THAT EVOKES AN  
EMOTIONAL RESPONSE

OKAY, NOW WHAT?

Congratulations - you've dipped your toe into this magical world of transformation.

This is just the beginning!

Join me for our Members Only, Breath Family, if you want to breathe in a community setting.

If you want to get into the depths of your healing you can book a Bespoke Breathwork Experience with me.

Need anything else? DM me on Instagram. I am always here to support your growth!