



... What is Breathwork? ...

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again"

- Thich Nhat Hanh

Throughout this Breathwork guide, I will provide you with a bit of the basics of Breathwork, the effects of Breathwork in your body, examples of the experiences you may have, contraindications, how to prepare yourself for your journey, and how to integrate your experiences into your daily life once the practice has ended.

Please take time to review this material before your breathwork session.

We will go over this content in more detail when we are together.

- Breathwork is inspired by the life work of Stan and Christina Grof and their incredible contribution to the field of holotropic breathwork
- "Holotropic" is a relatively new word meaning:

### moving toward wholeness

- It is composed of two Greek words:
  - holos meaning "whole"
  - trepo or trepein meaning "moving in the direction of"



... Basics of Breathwork ...

Breathwork is a combination of emotional catharsis, primal sound creation / screaming, somatic (physical) release, and mental clearing that helps you gain direct access to your own intuition and Inner Healing Intelligence

Breathwork is a transpersonal approach to healing that helps create non-ordinary states of consciousness to assist in self-exploration, somatic restoration, and emotional release of any blocks or stagnant energy that is no longer serving you in your life...

simply by the conscious manipulation of one's breath

Accessing various non-ordinary states of consciousness has the ability to:

 create meaning in one's life, heal past emotional wounds, alleviate present mental suffering, as well as unearth unconscious material that lies within your soma (body) to bring it forward for more integrated healing into our whole being

This approach to Breathwork utilizes the power of the breath, evocative music, and bodywork to help you move through various mental, emotional, physical, and psychic blocks that may be present within your system

Breathwork helps to quiet the chatter of the mind, open the heart, and access one's Inner Healing Intelligence to help cultivate deep healing for your body, mind, heart, and spirit



• • Toner Healing Intelligence • • •

"Breathwork utilizes the remarkable healing and transformative potential of non-ordinary states of consciousness. These states engender a rich array of experiences with unique healing potential – reliving childhood memories, infancy, birth and prenatal life, and elements from the historical and archetypal realms of the collective unconscious"

— Stan and Christina Grof

Simply by shifting the attention of our breath, we are reminded that there is an inherent wisdom within each and every one of us that is striving for wholeness. This inherent wisdom is often referred to our...

### Inner Healing Intelligence

Inner Healing Intelligence has been celebrated throughout time in the mystical teachings and lineages of Indigenous peoples around the world that honor the innate ability for humans to heal under the right conditions

Just as the body knows how to heal wounds once the infected area has been cleaned of debris, so too, when given the chance, does the psyche know how to move toward healing

Inner Healing Intelligence is within all human beings at all times. It is part of our intrinsic nature, and we have the opportunity to cultivate a loving, trusting relationship with this part of ourselves through the sacred practice of Breathwork



... Three Invitations ...

"Integrity is choosing courage over comfort; choosing what is right, over what is fun, fast, or easy; and choosing to practice your values, rather than just professing them"

- Brené Brown

There are three foundational elements to this Breathwork offering that I invite you to consider in order to get the most out of your experience...

### RADICAL INTEGRITY

Breathwork is designed to encourage you to explore the depths of your own truth and get to the "root" (or rad) of what may be getting in the way of your own healing and journey toward wholeness. Just as Brené Brown defines integrity above, I invite you to lean into your own radical integrity. You are here, now. You choose to embark at the journey at this time. You answered the call. Trust it. Trust yourself. Trust your body. Trust the process.

### COMPASSIONATE CURIOSTIY

Breathwork is intended to be place where you can practice putting down the weight of shame and ask your inner critic to step aside. When you do, is when you can truly begin to explore your internal landscape with a compassionate heart and curious mind. Your mind will likely at some point (or multiple points) try to distract you during your practice. If (when) it does, remember:

"Having compassion for yourself means that you honor and accept your humanness" – Kristin Neff



... Three Invitations ...

"Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going on inside ourselves" — Bessel van der Kolk

### NERVOUS SYSTEM REGULATION

Breathwork is a powerful modality that allows you the opportunity to release, discharge, and move through stagnant energy and any stress / trauma response patterns that may be stuck in your body. This practice can help you regulate your nervous system by intentionally cultivating a safe space to experience a sympathetic dominant (the energy of fight & flight) internal environment for a period of time

Then once the breathing technique is released, you may likely experience a parasympathetically dominant (the energy of rest & digest) environment – helping create resilience in your nervous system by being able to navigate between the two

### BEGINNER'S MIND

Whether you are a seasoned "breather" or this is your first time embarking on this type of a Breathwork experience, I invite you to continually cultivate a Beginner's Mind – trust the process, remain open to what arises, stick with the technique, and remember that your Inner Healing Intelligence is there with you in every breath and every beat of your heart



· · · Types of Experiences · · ·

There are a few types of experiences that you may have when practicing Breathwork. Each session will likely be different and may even be influenced by what is most present in your mental, emotional, physical, and psychic worlds at the time of practice

### SENSORY EXPERIENCES

There are many different sensory or body-based experiences that may arise for you throughout your Breathwork session. You may notice tingling, tensing, pulsing, vibration, or even temperature changes – all within one session.

In addition to an array of sensations, you may experience "tetany" or muscle contraction – specifically in your hands and / or feet. Your hands and / or feet may get very tense and tighten in toward the center of your palm or sole of your foot, where it looks like your hands turn into "lobster claws".

At times, this may feel uncomfortable and it is important to remember that this experience is completely natural. What actually causes more pain in the body is when we fight against this natural tension that appears in your body.

The invitation here is to not fight against the tension if this happens in your body. Remain with the breathing technique, come back to your body, and let go of any thoughts that something "is wrong" with your body. This is actually a very powerful somatic healing experience, where your body is release stored energy in your body.

If the tetany becomes too intense, you are welcome to slow down the breathing technique and the tetany will decrease in a few moments



... Types of Experiences ...

### **BIOGRAPHICAL EXPERIENCES**

Sometimes, individuals may experience historical memories of their past – in this life or in previous lives. This may present itself in sensations, images, thoughts, or emotions, or even a combination of all four. Often we find ourselves reliving our past experiences in our body, mind, and / or heart during these biographical experiences.

As Somatic Psychology teaches us, our stories live in our body and if we were never able to experience completion in these experiences, they may be playing out in different ways in our lives. Breathwork provides a really powerful opportunity for somatic release of the biological narratives that are stuck in our body.

Emotions may present themselves fully in this type of experience. If they do, feel free to lean into them to fully move through them. If you feel called to cry, scream, shout, grunt, growl, curse, or moan, please give yourself permission to express in the ways that you feel called to express.

### REBIRTHING EXPERIENCES

The experience of Breathwork can other times be experienced as a rebirthing process. Where you either have memories, visuals, or sensations connected to your own birth into this world.

Another type of rebirthing experience that may present itself is the feeling of you "birthing" something into this world and / or getting something intense out of you. Sometimes in non-ordinary states of consciousness, it is described either as a "birth" or an "exorcism" of what is no longer serving you and that you feel ready to let go of.



... Types of Experiences ...

### TRANSPERSONAL EXPERIENCES

A transpersonal experience is when you move beyond (trans) your personal ego / identity and into more expanded states of conscious awareness. This wider frame of reference can include other humans, animals, nature, the earth, the cosmos, and other realms of existence. Examples may include feeling like you are traveling through space and time, floating in the stars, or communicating with ethereal beings.

### YOGIC SLEEP STATE

This type of experience often presents itself once the breathing technique has been released and you settle into a deep sense of presence, relaxation, and rest. During this experience, you may lose your sense of space and time and feel the earth rise up to meet you so can soften and release all of your worries and tensions into the support beneath you. Sometimes in a yogic sleep state you may experience ecstasy, enlightenment, Bliss, Love, or connection to your Higher Self and / or the Divine.

I encourage you to approach whatever experience that arises for you as something that's coming up as part of your own personal healing process

Trust that your Inner Healing Intelligence will bring you what you need for healing at this time

### ... How to Prepare for Breathwork ...

### WHAT TO WEAR & BRING

You'll be lying down during the practice, so it's recommended to wear comfortable clothes. Layers can be helpful as your body temperature may shift during practice. You're welcome to bring a yoga mat to lie on, a water bottle, and a mug for cacao. Chapstick and an eye mask (or scarf) are optional, though nice additions.

### **FOOD & HYDRATION**

It's recommended to be well hydrated and not eat a large meal before your Breathwork practice.

To help set the intention(s) for your practice, consider the following prompt:

What is / are your "WHY(s)" for embarking on this Breathwork journey at this time?

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· · · Contraindications · · ·

Breathwork is not recommended for individuals who have or are experiencing any of the following:

- Pregnancy
- Epilepsy, a detached retina, glaucoma
- Uncontrolled blood pressure
- Cardiovascular disease (including prior heart attack)
- Prior diagnosis of a manic disorder, bipolar disorder, or schizophrenia
- TIAs (transient ischemic attack), seizures or other brain / neurological conditions
- History of aneurysms in your immediate family
- Use of prescription blood thinners
- Hospitalization for any psychiatric condition or emotional crisis within the last ten years
- Osteoporosis that is serious enough that intense movement could cause physical issues or concerns
- Prior physical injuries that are not fully healed and could be re-injured through intense movement

Note: If you have asthma, you are welcome to participate in Breathwork. It is requested that if you have an inhaler that you bring it with you just in case.

Please consult with your medical provider prior to attending a Breathwork session if you have any questions or concerns about whether or not Breathwork would be a safe and beneficial practice for your particular medical conditions at this time.

Full refunds will be reimbursed if you registered for an event and are experiencing any of the aforementioned conditions.

Please email me to discuss that process.

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# BREATHWORK Prep & Integration Anide



We will go into the breathing technique in more detail when we are together. This practice is a diaphragmatic breathing technique that includes a:

2-part active inhale and one long passive exhale - all through the mouth

Mid-way through the practice, in addition to breathing you may experience:

- Vocalizing through sighing, primal screaming, yelling, moaning, groaning, or making other sounds
- Somatic Movements twitching, pulsing, shaking, or other organic movements

These vocal and somatic experiences are incredibly helpful and deeply encouraged to help you move through and discharge any energy that may be stuck in your physical, mental, emotional, or energetic bodies.

Trust in your own Inner Healing Intelligence and the natural organically arising movement and sound that may occur in your body.

If – or rather, when – your mind tries to convince you that your doing the practice "wrong" or that something "wrong" is happening in your body,

I invite you to remember the following:

TRUST. SURRENDER. REMEMBER. LOVE.



••• The Art of Integration •••

"Our wholeness – even our wholeheartedness – actually depends on the integration of all of our experiences, including our falls" – Brené Brown

### INTEGRATION

- the Latin root of the word "integrate" is "integrare"
  - which means "to make whole"

The art and practice of integration is a key component of Breathwork aftercare. When we experience non-ordinary states of consciousness, move through stored trauma in our bodies, and / or voice our truth – powerful shifts can be made in our lives.

However, the demands of our life, work, and overall responsibilities can quickly seep back in and seemingly rob us of our somatic insights and Divine downloads.

By engaging is small devotional practices, rituals, and routines can help us infuse our daily lives with sacred mindful moments.

"Mindfulness is paying attention, on purpose, in the present moment, non-judgmentally" – Jon Kabat-Zinn

On the following pages, you will be invited to get compassionately curious about the various ways that you can stay connected to your radical integrity



... Integration Practices ...

"The ultimate act of integration is when [our] process becomes a daily practice – a way of thinking about our emotions and our stories" –Brené Brown

List two ways that you are going to integrate your key insights from this Breathwork practice into your life.

What are different ways you can "consciously consume" different energies, media, food, or beverages over the next few days?

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· Self-Regulation Practices · · ·

Time to get creative and compassionately check-in with each of these parts of yourself and see what arises. What are different practices that you can engage in to support your Wholehearted Self?

Body		
Mind		
Heart		
Spirit		
Spirit		
Spirit		





Confidentiality is a key ingredient for all participants to feel safe in their own experiences – in body, mind, heart, and spirit. By agreeing to participate in this Breathwork experience, it is understood that anything that is shared during the Breathing technique, in the integration circle, or at any other point during our time together is held in the utmost respect and confidence.

Feel free to contact me directly if you have any questions about this confidentiality agreement.



It is with deep reverence that I offer my wholehearted gratitude to all of my teachers, their teachers, and their teacher's teachers on this incredible Path of Life. Specifically, I am most humbly grateful for all the Indigenous cultures, lineages, and peoples that have explored the mystical realms of non-ordinary states of consciousness throughout the ages of time.

Lastly, I want to take a moment to express my gratitude for YOU.

Thank you for trusting me to be a part of your healing journey of Body, Mind, Heart, and Spirit.

with love and gratifude, Keri