

Breathwork Practices

Choose a consistent time each day to practice. Find a comfortable, private place where you can practice without being interrupted. Building familiarity with these practices will allow you to use them when your nervous system gets activated, so that you can return to a balanced state more quickly.

Assume a relaxed, supported position with feet grounded. Experiment to find the position that allows your breath to flow the most freely.

Ocean Breath (facilitates awareness, sense of balance)

Inhale through the nose to a count of 5, exhale through the mouth to a count of 5, without pausing in between.

Earth Breath (for grounding)

Inhale through the nose, imagining that you are drawing up energy from the earth's core through many layers. Visualize the breath moving up one leg to the base of the spine. Hold for several seconds. Then exhale through the mouth, sending energy down through the other leg, back through the layers of the earth to its core.

Heart Breath (for giving/receiving appreciation & gratitude to self/others)

Inhale through the nose from both above and below (earth and sky), visualizing the breath filling every nook and cranny of your heart space. Hold for several seconds, then exhale through the mouth, visualizing the breath traveling out from the heart. You may visualize a loving intention being sent out to the world, or to specific people, especially to those with whom you are struggling. You can also use this breath to express gratitude, or to gather in energy when you are stressed or upset.

Fire Breath (for releasing panic & anger, and for accessing life energy)

Imagine breathing fire from deep within, especially from any place in your body that you feel _____ (panic, stuck, rage, numb, etc). Then exhale through your mouth, from the back of your throat and over the roof of your mouth, as if you are attempting to fog up a mirror. The sound this outbreath makes will resemble "hhhhhaaaaa." It may be helpful to imagine breathing out flames, heat, or smoke.

4-7-8 Breathing (relaxing, assists with sleep)

Inhale quietly through the nose to a count of 4, hold for 7, exhale through mouth with a gentle "whoosh" sound to a count of 8.