

BREATH-WORK
MEDITATION 101

Agenda

- The science of Breath
- Impact of the Breath on our health
- The relationship between breath & anxiety
- Conscious breathing
- Breath Meditation techniques
- Let's Breathe

The Science of Breath

- The breath is our most vital nutrient
- Breathing confers oxygen to the bloodstream and rids waste in the form of carbon dioxide
- Science is catching up with what many civilisations have implicitly known for millennia
- Not all breaths are equal
- Your body can influence your emotions

Impact of Breath on Health

- Controlling your breathing calms your brain
- Breathing regulates your blood pressure
- Counting breaths reduces anxiety
- The rhythm of your breathing affects memory
- Controlled breathing may boost the immune system and improve energy metabolism
- Steady breathing increases cognitive function
- Deep breathing can reduce symptoms of addiction
- Deep breathing can stimulate the vagus nerve

Anxiety & Breath

- Breathing correctly keeps us functioning in optimal health
- Breathing itself can be both an involuntary and voluntary action
- Diaphragmatic Breathing
- Thoracic Breathing
- 9/10 people breathe incorrectly
- Anxiety and stress can impact your breathing but at the same time, our breathing can affect feelings of anxiety
- When people are anxious they tend to take short, shallow breaths into the chest

Nervous System

- Sympathetic Nervous System (SNS)
- Parasympathetic Nervous System (PNS)
- Every inhale stimulates the SNS
- Every exhale stimulates the PNS
- It is possible to consciously choose how to breathe in order to elicit a particular state of being

Breath Meditation Techniques

- Alternate Nostril Breathing
- Pursed Lips Breathing
- Equal Breathing
- 4-7-8 Breathing
- Box Breathing
- Coherent / Resonant Breathing
- Cardiac Coherence Breathing

Let's Breathe

A Practice

Any Questions?