

# Breathwork FYIs

Breathwork is an active meditation practice. Breathwork is done laying down or in a reclined position typically. Breathwork is done by breathing only through the mouth, two inhales and then one exhale. In a breathwork session, depending on your needs, there may be more types involved but this is the typical session.

Breathwork can be an incredibly powerful and transformative experience that allows you to connect to yourself in a deep and meaningful way. It is not also a silver bullet solution and may cause emotional and physical distress. Having support and care for you before, during, and after the session is important to support this practice.

## Contraindications:

- First term of pregnancy (unless you have discussed with your physician)
- Epilepsy
- Retinal detachment
- Glaucoma
- High blood pressure (not controlled by medication)
- Cardiovascular disease,
- Family history of aneurysm
- Strokes and neurological conditions
- Severe osteoporosis
- Schizophrenia or psychosis

## What can a session look like?



A session can vary depending on how you and I set it up but typically, we start the session with connecting to the intention. We may do some grounding or visualization to prepare for the breath. The breathwork portion may be 10-40 minutes, depending on the need. It's set to music typically and usually is the 3-part breath but we may explore other types throughout. We'll end with rest, self-care rituals, and integration steps.



## Ah, what is happening?!

You may experience any or all of the following during a session:

Temp changes, tingling, tension, tetany (hand cramping), anxiety, panic, joy, pleasure, grief, anger, resistance, calmness, visuals, alternative states of consciousness

## After-Care

Although breathwork can be a really important part of self-care, after care is an essential part of the practice. Since breathwork may move some emotions and connect to the body, it's important to find care rituals for you. Here's some suggestions:

- Drink lots of water
- Drink electrolytes
- Rest
- Connect with movement
- Journal
- Talk with a loved one

## Additional Resources to Learn More

1. [Breathwork is a Powerful Self-Care Tool Article](#)
2. [The Power of Breathwork Book](#)
3. [7-Min Guided Breathwork Meditation & Intro - Tutu Mora](#)