



Transformational *Breathing*

Changing The World One Breath At A Time

Be the healthiest you've ever been

Feel completely energised

Move beyond whatever is standing between you and your happiness

Become aware of emotions halting your personal growth

Experience deeply nourishing peace and relaxation

Release anxiety and alleviate depression

Understand the nature of spirit

Let go of emotional baggage permanently and easily

Develop a new dimension to your yoga and/or spiritual practice

Open your breath and expand your life

Human beings have been aware of the healing power of their breath for millennia. Oriental and shamanic cultures in particular developed a vast array of practices designed to bring about physical and mental-emotional healing as well as providing a means of connecting with their deeper selves.

This most powerful healing mechanism is literally right beneath our noses, waiting to be explored, and yet we rarely give it more than a passing thought.

As yogis most of us are familiar with the practice and benefits of Pranayama. However there is another spectrum of breathwork, which to a reformed yoga junkie like me proved irresistible.

Breathwork is a powerful and safe way to infuse the body with much-needed oxygen and energy, thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing. Equally importantly, working with one's breath facilitates openings to higher levels of consciousness, which subsequently allow us to tap into our deeper resources and live our lives joyfully and in abundance.

Imagine owning the most high-specification TV in existence, but keeping it plugged in on standby and living with it for years and years without ever actually turning it on. Sadly most of us live in "standby mode" the majority of the time.

Until now.

Transformational Breathing is the means by which we can embark upon the ultimate journey – which will lead us to discover who we really are and facilitate the growth which needs to take place in order for us to transform into who we are capable of becoming.

Enjoy optimum health, mental and emotional clarity in addition to experiencing an ever-deepening relationship with the very essence of your Being.

SELF-PRACTICE TIPS

To be combined with the three video clips which can be found at www.breathguru.com

- 1 Positioning: semi-reclined at 45 degrees, preferably on your bed propped up by pillows and cushions.
- 2 Make sure you are comfortable and that your neck and lower back are supported.
- 3 Ensure you are warm enough and will not be disturbed for the 5 minutes you are doing your breath practice.
- 4 Breathe into the abdomen.
- 5 Inhale twice in succession, exhale once.
- 6 The rhythm is pretty much the same as the drumbeat that begins We Will Rock You by Queen.
- 7 Make sure you focus on the inhales.
- 8 The exhale sounds like a quick (ie one beat) sigh
- 9 Make sure your mouth is WIDE open... if in doubt use a bottle top as in the video clip (hint: it's not as open as you think –we hold a lot of tension in our jaws).
- 10 Keep your attention on your lower abdomen below the navel throughout your breath practice.
- 11 This is a connected breath so do not pause (this is very important)... keep up a continuous flow.

www.breathguru.com

www.transformationalbreath.co.uk

For more information email info@breathguru.com