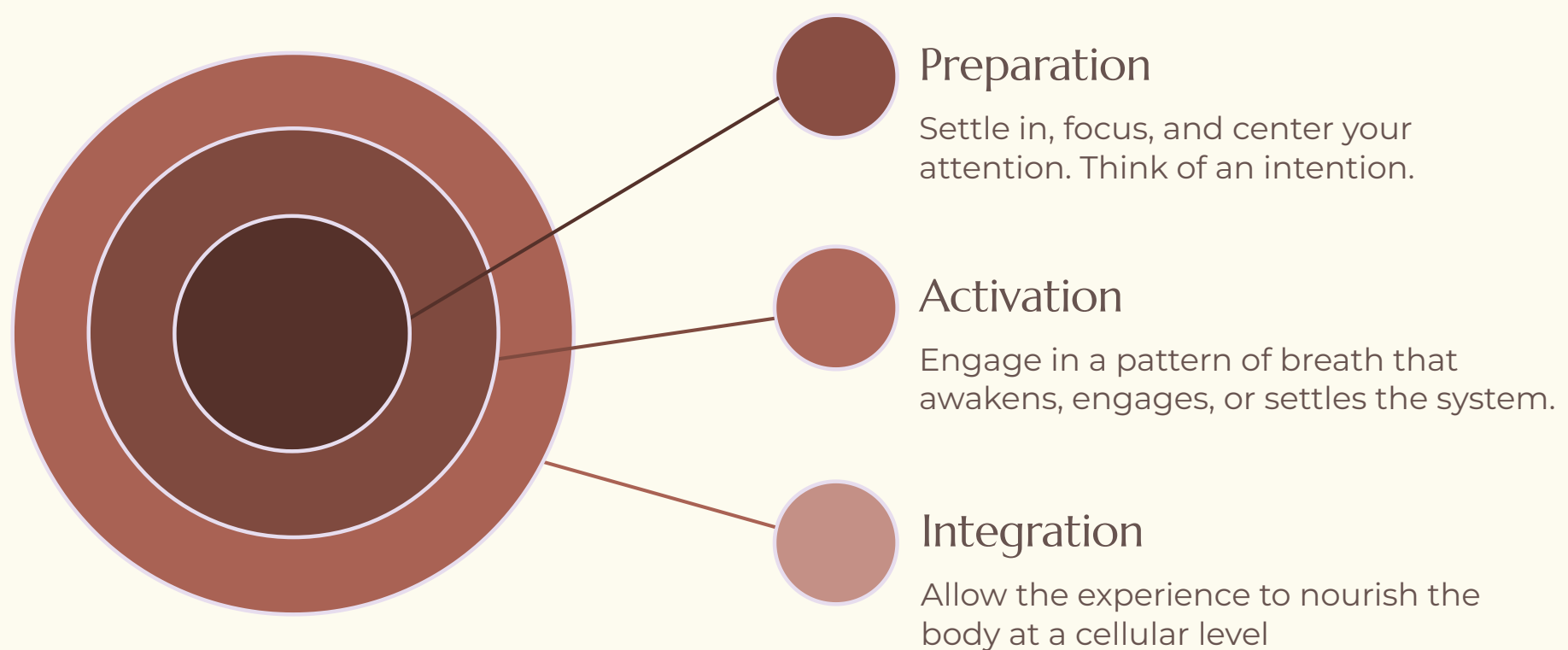


# At Home Breathwork Practice

Welcome to your at-home guide to cultivating a conscious breathing practice that fits your lifestyle.

No equipment, years of training or hours of free time necessary. Find a quiet and safe space, the curiosity and willingness to be with and explore the self, and a bit of time.

There are three distinct phases in our at-home practice: Preparation, Activation, and Integration. Enter with presence, move with intention and commitment, and allow the experience to unfold.



✓ Remember: Even just a couple of intentional breaths can help bring more awareness to the body and change your biochemistry!

# The Preparation Phase

## Cultivating Readiness



### Duration

2 to 10 minutes



### Purpose

Down-regulate



### Technique

Rhythmic Breathing

Find a comfortable seated or lying position where your body feels supported.

Close your eyes or soften your gaze downward.

## 1. Establish a Pattern

Exhale longer than inhale: try 4/6 or 5/7. This helps activate the parasympathetic nervous system and tells your body it's safe to relax. Keep it natural and easy.

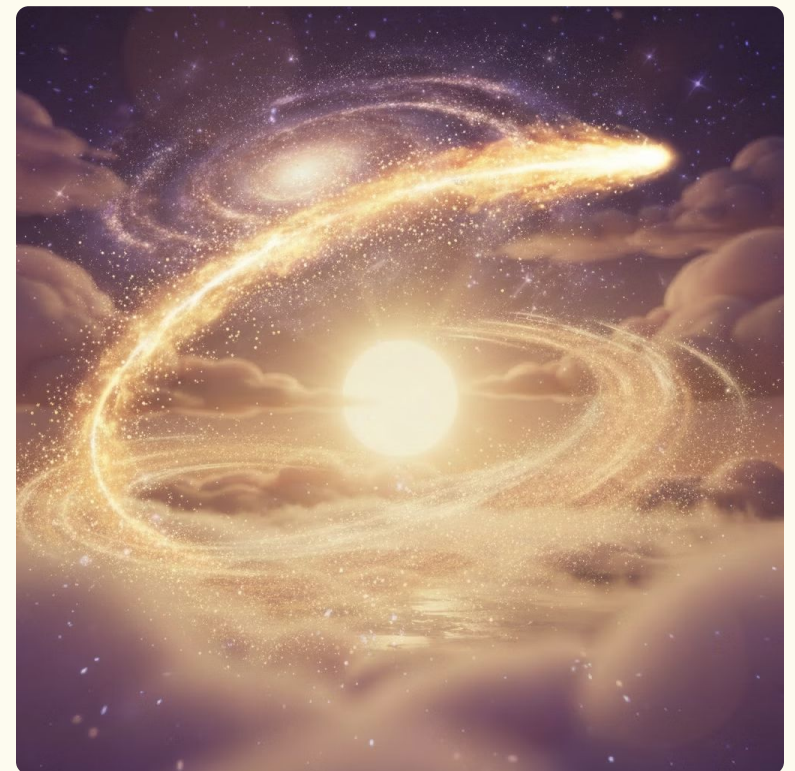
## 2. Body Scan

Bring your attention to the body through a gentle scan. Start at the crown of your head and scan down, or start at the toes and scan up.

📌 *Where do you feel tension? Where do you feel ease? This practice of witnessing helps you arrive more fully in your body—not judging, just noticing.*

## 3. Cultivate Gratitude

Bring to mind something that sparks appreciation in your heart. It might be a person, a moment, or this moment.



# The Activation Phase

## Awakening Energy

Engage in rhythmic conscious breathing that creates space for release and insight.



### Duration

5 to 30 minutes



### Purpose

Up or down Regulating the system



### Technique

Nose, Mouth or Combination

**Down-Regulating:** Breathe through the nose, lengthen the exhale so it is longer than the inhale. Focus on slow and deep belly breathing.

**Up-Regulating:** Inhale and exhale through the mouth, focusing on the inhale and allowing the exhale to be a passive release.

**Exploring the Breath:** Breath holds or a combination of nasal and mouth breathing are great ways to explore and develop your relationship to your own breath. Allow the activation to be fluid.

*ⓘ If you choose to perform the retention and release as practiced in the guided session: At the end of your activation, count 10 intense breaths and **hold the breath and the body** as long as possible. On release, let go of both, close the mouth, and relax.*

|                                                                                                                                                   |                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| O1                                                                                                                                                | O2                                                                                                                                                        |
| <h3>Intention</h3> <p>Choose an intention that suites the duration and desired depth of your practice.</p>                                        | <h3>Playfulness</h3> <p>Whether the full practice is breathing through mouth, nose, or both—this is where you can experiment to find what feels right</p> |
| O3                                                                                                                                                | O4                                                                                                                                                        |
| <h3>Presence</h3> <p>Maintain a continuous, connected breathing rhythm without pauses or leverage breath holds. Either way—commitment is key.</p> | <h3>Trust</h3> <p>Allow whatever arises in sensations, emotions, images, without judgment or attachment</p>                                               |

 **What You Might Experience**

3 levels of resistance: Mental, Physical, and Emotional. Tingling in the hands, feet, or face is normal and may reflect shifting oxygen and CO2 levels. All sensations are expected, welcomed, and worthy of being honored.

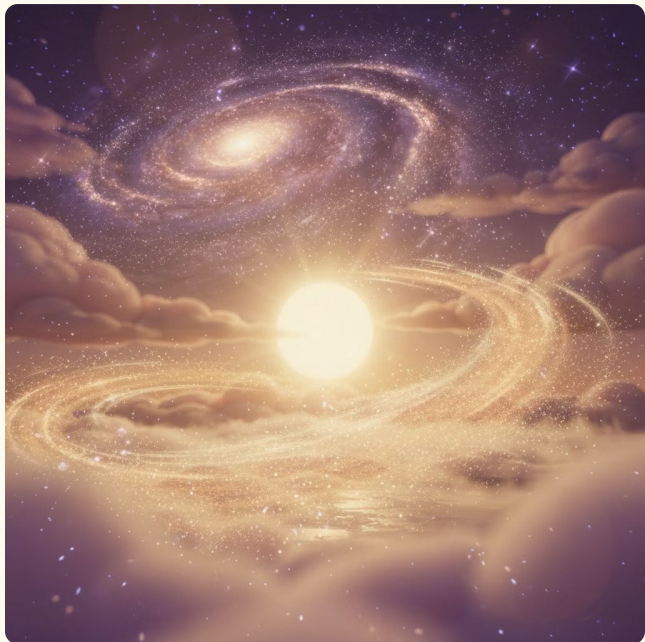
# The Integration Phase

## Creating Space

After you've stirred things up, maybe released or observed some things, it's time create space for your system to reorganize to a higher level of coherence and peace. This phase is essential—skipping it would be like cooking a beautiful meal and never sitting down to taste it.



**i** Integrate for about half your activation time—if you activated for 20 to 30 minutes, rest for 10 to 15.



**What you do now:** There is nothing to do in this phase except practice stillness. Any state is welcome: relaxed, drowsy, clear, reflective, or peaceful.

**What you might feel:** deeply relaxed, almost drowsy. You might feel completely alert and clear. You might receive insights, memories, or creative ideas. Or you might simply feel present and peaceful. All of these are valid and valuable.

**Close with Intention & Reverence**

Acknowledge yourself for showing up. Place your hands on your heart, take a few final breaths, begin to wiggle your fingers and toes, stretch, roll to your side, open your eyes slowly. Consider journaling, recording, or taking action steps that feel aligned with your experience.