

**Breath is Medicine**  
**One-to-One Breathwork Sessions**  
**with Jessica Barudin**

## **Background**

Breathwork is an experiential tool and process that is as ancient as humanity itself. At its core, breathwork is a conscious and intentional breathing practice that taps into the natural rhythm of our breath to promote overall well-being and introspection.

This document will delve into the essence of breathwork, explore its numerous benefits, provide some precautions, and outline what to expect from a one-on-one session guided by the transformative 3-Part Active Breathwork technique.

## **What is Breathwork?**

Breathwork is a holistic and accessible practice that nurtures the entire being - body, mind, emotions, and spirit. Our breath is the bridge between the mind, body, and spirit. At its essence, breathwork is about harnessing the power of our breath for healing and self-discovery.

It involves various breathing exercises designed to increase awareness of the breath, enhance its depth and rhythm, and promote deep relaxation and energetic shifts. The 3-Part Active Breathwork technique offers a transformative and deeply personalized experience.

## **What are the Benefits of Breathwork?**

Breathwork is a profound practice that extends its healing touch to every dimension of our existence. This ancient technique, rooted in conscious and intentional breathing, goes beyond the physical act of inhaling and exhaling. Here are some of the benefits of breathwork, encompassing the physical, mental, emotional, and spiritual realms.

### *Physical Benefits*

- Improved Respiratory Function - Breathwork exercises enhance lung capacity, promoting better oxygenation and circulation, vital for overall physical health.
- Relaxation of Muscles - Conscious breathing helps release muscle tension, promoting relaxation and reducing physical stress.
- Boosted Immune System - Oxygenating the body supports the immune system, making it more robust in defending against illnesses.
- Balanced Energy Levels - Deep breathing optimizes the energy flow within the body, ensuring you feel revitalized and energized.

### *Mental Benefits*

- Stress Reduction - Intentional breathing activates the parasympathetic nervous system, reducing stress hormones and inducing a calm state of mind.
- Enhanced Focus and Clarity - Breathwork clears the mind, enhancing focus, concentration, and mental clarity, enabling better decision-making.
- Improved Sleep Quality - Regular breathwork can alleviate insomnia and promote deep, restorative sleep, leading to improved cognitive function.

### *Emotional Benefits*

- Emotional Release - Breathwork provides a safe space for emotional expression, allowing suppressed emotions to surface and be released, leading to emotional healing.
- Increased Self-Awareness - Conscious breathing fosters self-awareness, enabling individuals to recognize and understand their emotions more deeply.
- Emotional Balance - Breathwork practices help regulate emotions, providing emotional stability and resilience in the face of challenges.

### *Spiritual Benefits*

- Heightened Mind-Body Connection - Deep breathing fosters a strong connection between the mind and body, aiding spiritual exploration and self-discovery.
- Inner Peace - Breathwork can lead to a profound sense of inner peace, grounding individuals in the present moment and fostering spiritual tranquility.
- Expanded Consciousness - Through breathwork, some individuals report experiencing altered states of consciousness, leading to spiritual insights and profound realizations about the self and the universe.

### **What can I expect in a one-on-one breathwork session?**

A one-on-one session of guided breathwork using the 3-Part Active Breathwork technique is a transformative journey within. It's an opportunity to connect with your breath, release emotional blockages, and experience a profound sense of well-being.

The process of the 3-part Breathwork technique may produce a range of sensations, emotions, or memories. Every individual's experience is unique, so there's no "right" or "wrong" way to feel. During the session, it's common to feel a sense of calm, clarity, and emotional release. Some people also report feelings of joy, euphoria, or profound insights. I will be there to support you throughout the process, offering reassurance and guidance as needed.

A safe and supportive environment will be created (virtually or in-person) allowing you to fully explore and process whatever arises. I will offer gentle instructions and options to support your comfort, safety, and well-being.

Once you're comfortable with the breathing pattern, you'll be guided through various breathing techniques and provided with cues designed to help you relax, release tension, and enter a state of heightened awareness. Each session is a unique, introspective adventure, tailored to your specific needs and intentions, guiding you toward a more balanced, centered, and peaceful self.

## **Contraindications & Precautions**

While 3-part breathwork can offer numerous benefits and is generally safe for healthy individuals, it's important to practice it mindfully and consider any contraindications or precautions. Folks with certain health conditions or circumstances should approach 3-part breathwork with caution or potentially avoid this particular technique.

Here are some things to consider for individuals who are presently experiencing:

- Pregnancy
- Cardiovascular Issues - heart conditions, high blood pressure, a history of strokes, or other cardiovascular problems should consult a healthcare provider before engaging in breath retention techniques, as it could temporarily increase blood pressure and heart rate.
- Respiratory Disorders - asthma, chronic obstructive pulmonary disease (COPD), or bronchitis
- Epilepsy and Seizure Disorders
- Psychological Conditions - mental health disorders, such as bipolar disorder or schizophrenia, should be cautious with breathwork, especially practices that involve intense emotional release, as it can potentially trigger episodes or emotional distress.
- Recent Surgery - especially abdominal or chest surgery, should avoid intense breathwork exercises that put pressure on the surgical area.
- Vertigo or Dizziness:\*\* If you have a history of vertigo or dizziness, certain breathing techniques involving rapid or deep breathing might exacerbate these sensations.
- Intoxication - altered states of consciousness can lead to unsafe practices.

Always prioritize your safety and well-being. If you have any health concerns or conditions, it's crucial to consult a qualified healthcare professional before beginning any breathwork practice, including 3-part breathwork. They can provide personalized guidance based on your individual health needs and circumstances. Always start slowly and listen to your body's signals.

## **Overview of a one-on-one session:**

1. Warm Welcome and safe space for dialogue - You will be invited to discuss your intentions, concerns, and goals for the session, ensuring a tailored experience.
2. A grounding practice - using a combination of guided gentle movements, visualization, and breathing practices to help settle into the body and promote relaxation.

3. Guided Breathing - I will guide you through several rounds of the 3-Part Active Breathwork technique, emphasizing conscious inhalation to the belly and chest and exhalation through the mouth. This method aims to balance the flow of energy in your body, promoting relaxation and emotional release.

4. Emotional Exploration: As you breathe, you may experience a range of emotions, sensations, or even memories or visions. As the practitioner, I will provide a safe space for these emotions to surface and time as well as tools for integration.

5. Supportive Integration - Throughout the session, I will offer guidance and space to support, you in feeling secure to explore your physical, mental, emotional, and spiritual landscape. After the breathing exercises, there is time for debriefing, feedback, and dialogue (optional). This allows you to integrate your experience and gain insights.

6. Aftercare and follow-up - suggestions will be shared for additional practices to support your integration and promote well-being. Follow-up and additional one-on-one sessions will be made available as needed.

Embark on this breathwork journey and discover the incredible power and wisdom that lies within your breath.

– Jessica Barudin

