



THE WOW PHASE

H O L I S T I C   C O A C H I N G

# A GUIDE TO BREATHWORK

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# Welcome

Breathwork is an ancient practice, deeply rooted in various traditions across the world, that has gained modern recognition for its profound impact on physical, emotional, and spiritual well-being. At its core, breathwork involves conscious control over breathing patterns to influence a person's mental, emotional, and physical states. By altering the depth, pace, and pattern of breathing, individuals can unlock a host of benefits, from reducing stress and anxiety to enhancing clarity and focus.

This transformative practice serves as a bridge between the body's autonomic systems and conscious control, offering a pathway to self-discovery and healing. Whether you're seeking to calm your mind, elevate your energy levels, or connect more deeply with your inner self, breathwork provides a versatile and accessible tool. Our guide will explore key techniques and tips to integrate breathwork into your daily routine, inviting you to experience the transformative power of your breath.





# Getting Started

## **Find a Quiet Spot:**

Choose a distraction-free area to enhance relaxation. Consider using instrumental music or headphones to create a focused environment.

## **Try Different Positions:**

Whether sitting, kneeling, standing, or lying down, ensure your comfort. Use pillows or props as needed and relax areas of tension, especially in your face, shoulders, hands, and belly.

## **Set an Intention:**

Begin each session by setting an intention. This primes your mind and body for relaxation and focus. Speak it out loud or write it down to solidify your commitment to the practice.

# Technique Tips

## **Use Your Entire Torso:**

Practice deep breathing that fills the belly, rib cage, and chest to maximize oxygen flow. Although challenging at first, it becomes more natural with practice.

## **Start With Box Breath:**

Use the Box Breathing technique as a foundation. Inhale for four seconds, hold for four, exhale for four, and hold again for four. Gradually increase the duration as you become more comfortable.

## **Incorporate Visualizations:**

Enhance your practice by visualizing a favorite natural setting. Engage all your senses to bring this vision to life, enhancing the depth of your breathwork experience.

## **A Wandering Mind Is Normal:**

Acknowledge that your mind may wander, and gently guide it back to your breath or visualization. This practice of returning focus is key to deepening your breathwork journey.



# Making the Most of Your Practice

## **Start Small:**

A few minutes a day, a few times a week, can establish a solid breathwork habit. Treat these sessions as important appointments in your calendar.

## **Seek Out Resources:**

Utilize guided practices to support your early experiences. Jane suggests her own videos on Instagram and YouTube, along with apps like Headspace and Open, for guided sessions.

## **Journal After Each Session:**

Document your thoughts, feelings, and experiences after each practice. This reflection can enhance your connection to the practice and yourself.

## **Have Fun and Experiment:**

Vary your practice in terms of posture, duration, guidance, and background sounds. Discover what resonates with you to keep the practice engaging and sustainable.







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