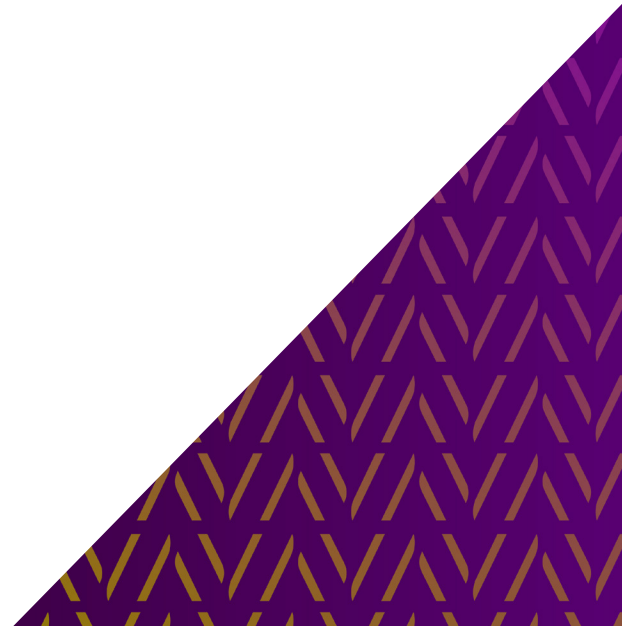


Breathwork

# Starting a Breathwork Practice Guide



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For some, starting a breathwork practice will be like creating any other habit or discipline and there are many helpful tips and tricks. For others, it could be a journey into deeper connection with the body, pleasure, subtle energies and the creative breath of the universe. There is no right path, there is no call to perfection, only a welcoming home of your own internal wisdom in connection to all that is. In short, the journey is unique. Welcome, I celebrate you!

## Some Tips and Tricks:

Breathwork can be part of your toolkit for increasing energy, calming/soothing the body, tapping into orgasmic pleasure and more. We invite you to play with the possibilities and be creative. It is also a wonderful opportunity to listen to your internal wisdom or inner guidance and what your body needs from this practice. Here are some things to consider:

- Arrange space to feel comfortable, supported and safe
- Breathwork can be done seated, lying down or even standing
- Create a dedicated practice space if it helps you enjoy your practice time
- Attach breathwork practice to something you already enjoy and do regularly
- Start small and feel successful. Even 10 slow breaths can calm and re-energize

## Some Cautions:

Breathwork is contraindicated (a.k.a. you're not supposed to do it) if you experience:

- asthma
- epilepsy
- stroke or heart problems
- seizures
- other serious medical conditions
- are pregnant or think you might be pregnant

## Some Gentle Ways to Begin

- Slowly note your surroundings, do you feel safe to relax?
- Check-in with your body noting and relaxing any tension
- Body consent, are you open to breathwork practice today?
- Create an intention for your practice

## Video and Audio Practices and Resources:

[Tantra for One](#)

[Breathwork for Hard-ons](#)

[Womb Breathwork Audio mp3](#)

**Orgasmic Breathwork practice introduction video with separate downloadable audio for those with pussies and those with penises:**

[Orgasmic Breathwork Video on Youtube](#)

[Orgasmic Breathwork Video on Layla Martin](#)

[Orgasmic Breathwork for Women Audio](#)

[Orgasmic Breathwork for Men Audio](#)

## If you feel Resistance:

It is normal for there to be times when we don't feel like doing something. Our bodies may feel unable to do more. Celebrate listening to what your body needs to feel healthy and whole. Some tips:

- Be gentle with yourself, celebrate listening to your body
- It's about quality, not quantity
- Slow...way...down
- Even 3 slow breaths can calm and re-energize
- Whisper "I love you" or other affirmation to yourself

# Support for Physical Responses

It is very normal to experience a physical response in the body (crying, shaking, laughing, burping, coughing). These responses are a process of physical and energetic releasing, which can show up in many ways as this shift begins to happen. We suggest allowing the body to do what it needs to do as long as you feel safe and well.

It may be helpful to breathe into the sensation when it happens and understand what it represents for you. Of course, always offer yourself lots of compassion and love in the process. It may be helpful to keep soothing, supportive items nearby such as warm liquids or a blanket if you tend to feel cold or tend to cough or have a dry mouth. As you gain experience with your practice and connection with your body, you will know more about what your body needs to feel soothed and supported.

## Congratulations, Bring It In For A Hug!

- Slowly open your eyes and note your surroundings
- Hug yourself, supporting and grounding in your body
- Slowly sip some water
- Reflect on or journal your experience

## Journal Prompts for Integration

It may be helpful to take a moment to digest and integrate the practice by tuning in and journaling about what you learned. Simply mentally making note may be enough, see what works best for you.

- What did you experience with your body and senses?
- Circle back to your intention, how does it relate to your experience?
- What did you learn?
- Where are you invited to lean in or take the next step?