



Breathwork: Unlock the Power of Your Breath

What is Breathwork?

Your breath is **your life force**—the first thing you do when you enter the world and the last when you leave. Breathwork is a powerful practice that supports **emotional, mental, and physical well-being** by using intentional breathing techniques to reduce stress, enhance clarity, and promote deep healing.

By practicing breathwork, you can:

- ✓ **Reduce stress & anxiety**
- ✓ **Increase feelings of peace, gratitude, and connection**
- ✓ **Release trauma, grief, and emotional blocks**
- ✓ **Balance the nervous system & promote relaxation**

How Breathwork Works

Breathwork has been practiced for **thousands of years** and has deep roots in **yoga, meditation, and holistic healing**. The key principle is simple: **when you exhale, you release stress and toxins; when you inhale, you nourish your mind and body.**

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Benefits of Breathwork

Research shows that breathwork has a **profound impact** on your physical and emotional health:

- ◇ **Balances blood pH** – Supports alkalization for better overall health
- ◇ **Reduces inflammation** – Aids in decreasing chronic stress responses
- ◇ **Elevates mood** – Triggers the release of **endorphins** (feel-good hormones)
- ◇ **Supports nervous system regulation** – Shifts your body from **fight-or-flight** to a **state of calm**
- ◇ **Improves focus & clarity** – Enhances mental awareness and presence

Breathwork Techniques

When stress takes over, your breathing becomes **shallow and rapid**, signaling danger to your nervous system. Practicing these techniques helps **restore balance and promote relaxation**.

1. Deep Abdominal Breathing

Best for: Stress relief, relaxation

How long: 3-5 minutes

- Take a slow, deep inhale, expanding your belly and chest.
- Exhale fully, drawing your navel in toward your spine.
- **Visualize** your body filling with calm energy as you inhale and releasing tension as you exhale.

2. 4-7-8 Breathing

Best for: Quieting the mind, reducing anxiety

How long: 1-2 minutes (repeat up to 4 cycles)

- Inhale for **4 counts**
- Hold for **7 counts**
- Exhale for **8 counts**
- The **longer exhale** promotes deep relaxation and nervous system reset.

3. Alternate Nostril Breathing

Best for: Balancing energy, mental clarity

How long: 3-5 minutes



- Close your **right nostril** with your thumb and inhale through your **left nostril**.
- Hold your breath, switch sides, and exhale through your **right nostril**.
- Repeat, alternating nostrils with each breath cycle.

4. Breath of Fire

Best for: Energy boost, emotional release

How long: 1-3 minutes (beginners start with 30 seconds)

⚠ **Caution:** Avoid if pregnant, have high blood pressure, or experience dizziness.

- Inhale gently while keeping your **core relaxed**.
- Exhale forcefully by engaging your **abdominal muscles**.
- This rhythmic breathing builds **steadiness and inner strength**.

5. Holotropic Breathwork (*Advanced – Best with Guidance*)

Best for: Deep emotional healing, spiritual connection

How long: 10-30 minutes (*with a trained facilitator*)

⚠ **Caution:** This can bring up intense emotions. Have a **trained guide or support system** if needed.

- Uses **continuous, circular breathing** without pausing between inhales and exhales.
- Floods the body with oxygen, **enhancing cellular renewal and clarity**.

6. Box Breathing (Square Breathing)

Best for: Focus, calming anxiety, mental clarity

How long: 2-4 minutes

- Inhale deeply for **4 seconds**
- Hold your breath for **4 seconds**
- Exhale slowly for **4 seconds**
- Hold for **4 seconds** before inhaling again
- This technique **activates the parasympathetic nervous system**, bringing a **deep sense of calm**.

7. Ocean Breathing (Ujjayi Pranayama)



Best for: Grounding, emotional regulation

How long: 3-5 minutes

- Inhale deeply through your nose, slightly constricting your throat to create a **soft ocean-like sound**.
- Exhale through your nose while keeping the **same gentle throat constriction**.
- This breath **soothes the nervous system and enhances self-awareness**.

How to Incorporate Breathwork into Your Daily Routine

For the next **four weeks**, choose **one breathwork technique per day** and practice it. **Healing is a layered process**, and as you integrate breathwork, you'll notice shifts in your **mindset, emotions, and overall well-being**.

💡 **Best Practice:** Perform breathwork **before EFT tapping or journaling** for deeper emotional release and clarity.

⚠️ Safety Considerations:

- If you experience **dizziness, lightheadedness, or discomfort, stop immediately** and return to normal breathing.
- Avoid breath retention practices (such as 4-7-8 breathing) if you have **respiratory issues, high blood pressure, or are pregnant**.
- For advanced techniques like **Holotropic Breathwork**, it's best to **have a trained facilitator like Dr Gigi** guide you.

⚠️ **If a breathwork session brings up strong emotions or triggers, seek support.** Contact **Dr. Gigi, a therapist, or a trusted source** for guidance.

💡 **Your breath is your most powerful tool—use it to reset, restore, and transform your life.**

