



Essential Breathing™

Free your breath for optimal well-being

Did You Know...

- ◆ The average person breathes between 18,000-20,000 breaths per day, totaling an average of 5,000 gallons of air. In weight, this is 35 times more than we take in from food and water.
- ◆ The average resting breath rate is 12-15 breaths per minute. The optimal rate is 6-8 breaths per minute.
- ◆ Nasal breathing gives the body 20% more oxygen per breath & is 35% more efficient than mouth breathing.
- ◆ 70% of toxins are eliminated during the breathing process. Only a small percentage of toxins are eliminated through perspiration (20%), urination (7%) and defecation (3%).
- ◆ 90% of the nutritional needs of the body come from the oxygen we breathe. Only 10% come from food. Without sufficient oxygen, we do not receive the proper nutrition from our food. Oxygen is the fuel that allows us to metabolize our food.
- ◆ We can live 10-14 days without food, 4 days without liquids, hours without heat, but only 4 minutes without air before brain damage occurs.
- ◆ Air is the most quickly distributed element in the body. It immediately enters the bloodstream and oxygen must be constantly supplied to each cell.
- ◆ Each breath nourishes and feeds the brain and circulatory system.
- ◆ Deeper breathing enhances cellular activity and therefore our very strength and vitality.

What is *Essential Breathing™*?

Do you think you are a good breather? The odds are not in your favor. An estimated 87% of Americans are shallow breathers—as young as first graders. Breath is energy and energy is life. Our breath is our most vital life-sustaining function—from our first breath to our last. Yet, due to our stress-laden lifestyles today, restricted breathing is now epidemic, contributing to a host of stress-related health issues.

Essential Breathing™ is a gentle, yet powerful educational breathing training process to re-establish and sustain the free and natural, full-body breath you were born with. This highly personal, experiential modality incorporates simple, healthy breathing techniques with the power of *intention*, and a variety of processes such as self-awareness through *body scanning and inner-sensing and cultivating the skill of dual-awareness to consciously and specifically direct your breathing to support you in a variety of situations.*

Through cultivating inner awareness and attention, you learn to recognize your internal stress response signals that constrict your breathing, and to interrupt this fight, flee or freeze response by altering your breathing pattern to intentionally activate your relaxation response. This empowers you to respond to stressful events in a calm, clear and insightful manner. As you connect more deeply with yourself through the practice of *Essential Breathing*, you reclaim your ability to more effectively manage your responses and experience increased well-being.

Benefits of *Essential Breathing™*

Physical Vitality ~ Emotional Calm ~ Mental Clarity ~ Intuitive Insight

- ◆ **Vitality** – Increase your life force energy to feel alert and energized
- ◆ **Calm** – Balance your emotions to express calmly and authentically
- ◆ **Clarity** – Respond to life events with increased confidence and conscious intent
- ◆ **Insight** – Gain deeper access to your creative inner wisdom/intuition



Your breath will always give you what you need. All it takes is 3-10 Essential Breaths.

*If you are feeling anxious and upset—your breath will calm and soothe you.
If you are feeling discouraged and depleted—your breath will inspire and energize you.*

Research is growing! How healthy breathing can support your well-being:

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| Reduce respiratory problems (asthma, allergies) | Boost immune system |
| Nourish the circulatory system | Support trauma and grief recovery |
| Support efficient metabolizing of food | Enhance self-love and self-compassion |
| Eliminate toxins from the bloodstream & tissues | Reduce chronic tension & pain |
| Lower blood pressure & increase circulation | Increase relaxation response & reduce anxiety |
| Improve digestion & reduce stress on liver and kidneys | Support addiction recovery activities |
| Increase breath management for speaking & singing | Support weight loss activities |
| Support lymphatic and venous blood flow | Enhance problem-solving & follow-through |
| Strengthen the diaphragm & increase lung capacity | Facilitate mindfulness & self-awareness |
| Enhance cellular activity, increasing strength & vitality | Ease Insomnia, depression, headaches |
| Reduce PMS & menopausal symptoms | |

Special Note: Although Essential Breathing is a gentle, safe, non-invasive process of healthy breathing instruction (without vigorous, trance-inducing or breath-holding properties), consult with your medical provider before considering this or any breathing program. Deep breathing practices are not currently recommended for individuals who have the following conditions:

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| Cancer |
| Congestive Heart Failure |
| Glaucoma |
| Pulmonary Hypertension |
| Recent chest or abdominal Surgery or Pregnancy |
| Epilepsy/Seizures |
| End-stage COPD |
| Diabetic Ketoacidosis |
| Liver problems |
| Mental Illness—Bipolar, Schizophrenia, Paranoid Personality Disorder, Borderline Personality |

Essential Breathing™ Training Course Overview

This transformative, one-on-one, four session training provides all the tools you need to restore your free and natural breath; gain awareness and insight about your specific breathing patterns & issues; learn how to use your breath to support you in everyday life; and gain effective strategies to reduce stress, support physical fitness and maintain lifelong healthy breathing habits.

Session 1: Breathing Assessment (75 minutes) to determine your current breathing habits, introduce the *Essential Breathing* practice and provide strategies to increase breath awareness and correct distortions. The assessment is followed by a series of three 1-hour sessions where you receive in depth instruction and feedback to restore your free and full breath and to become competent in intentionally directing your breath to neutralize stress and increase physical vitality, emotional calm, mental clarity and intuitive insight.

Session 2: Breath corrections as needed; deepen & extend the breath; practice body scanning & dual-awareness; facilitate awareness and elimination of breath holding and mouth breathing.

Session 3: Practice the 3 kinds of breath; introduce the relationship between the breath, emotions & thoughts; introduce and practice the *Calming Breath* pattern with dual awareness & conscious activation of the relaxation response in any stressful situation.

Session 4: Introduce and practice the *Fitness Breath* and a full review and grounding of all concepts studied.

Keynote Talks...20-30 minutes

Connie would love to share an overview of the benefits & principles of *Essential Breathing™* with your organization. Activities include a lively demonstration of common breathing distortions and a 'first-step-strategy' that participants can implement to immediately enhance their well-being. This presentation provides an interactive & informative introduction to the importance of freeing the breath for optimal well-being.

Connie's earnest exploration of the breath began in 2004. In addition to an Advanced Certification in *Breath Therapy™*, Connie holds degrees in Social Work and Education and has over 40 years of teaching experience in both child and adult education settings and 20 years of voice, confidence and performance coaching for business professionals and singers.

Visit my website to schedule a free 30-minute clarity call to discern if Essential Breathing is for you.

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