

Additional Benefits of Breathwork

- aid positive self-development
- boost immunity
- process emotions
- heal emotional pain / trauma
- increase self-awareness
- enrich creativity
- increased confidence, self-image/esteem
- increase joy and happiness
- overcome addictions
- reduce stress/anxiety levels
- release negative thoughts
- clear anger
- reduce anxiety
- manage chronic pain
- alleviate depression
- manage emotional effects grief/illness
- relieve trauma and PTSD
- aid weight loss
- improve digestion
- increase energy
- activate the vagus nerve
- activate parasympathetic system

ABOUT ME



Recently, Mark graduated from Texas Tech University with a master's degree in Clinical Mental Health Counseling. He is a Licensed Chemical Dependency Counselor and also holds a Licensed Professional Counselor - Associate license.

Over the past six years, Mark explored the link between breathwork, mental health, and well-being. He is trained in various breathing techniques which help manage anxiety, depression, emotions, feelings, and performance.

Starting July 12 Classes held:

Saturday @ 10am
Monday @ 10am
Wednesday @ 7pm

**Breathe
Lubbock**
*change your breath,
change your Life.*



Breathwork Class

Breathing to enhance your workout

Discount for gym members.

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Breathelubbock.com**



WHY BREATHWORK

The condition of our breath reflects the state of our inner well-being. During periods of stress, our breathing often becomes short and erratic, and we may even find ourselves holding our breath.

Conversely, when our breath flows smoothly and calmly, our perspective on life tends to become clearer.

Engaging in breathwork allows us to actively modify our physiology and restore balance to our nervous system. Supported by scientific research, it has been demonstrated that strengthening our breath can lower blood pressure, improve focus and concentration, and bolster the immune system.

WHY...What?

Regulating and balancing your nervous system influences O₂ and CO₂.

WHY...What?

CO₂ Tolerance

Boosting your CO₂ tolerance can offer numerous physical and mental advantages. It enhances your breathing control, leading to longer and more comfortable breath-holds. This enhancement can elevate athletic performance by allowing your muscles to function more efficiently and minimizing fatigue. Furthermore, an increased CO₂ tolerance can assist in managing stress and anxiety, while promoting overall health and well-being.

WHY...What?

Muscle Growth

Effective breathing plays a vital role in supplying oxygen to the muscles, which is necessary for energy production and peak muscle performance.

The presence of CO₂ causes the release of O₂ from hemoglobin; thus, higher CO₂ levels result in increased O₂ delivery to tissues.

Symptoms of Nervous System Dysregulation

Physical Symptoms:

- Fatigue
- Sleep Disturbances
- Muscle Tension and Pain
- Digestive Issues
- Weakened Immune System
- Increased Heart Rate
- Headaches and Migraines
- Chronic Illness/Conditions

Emotional Symptoms:

- Unpredictable Mood Swings
- Persistent Anxiety, Fear
- Depression
- Irritability
- Emotional Outbursts

Cognitive Symptoms:

- Difficulty Concentrating/Focusing
- Poor Memory/Brain Fog
- Racing Thoughts

Other Symptoms:

- Sensitivity to Sensory Input
- Inability to Calm Down
- Exaggerated Responses to Minor Stressors
- Dissociation
- Substance Use