



## WHY BREATHWORK

College life is an exhilarating rollercoaster of stress and excitement, but why not add a breathwork class for a truly transformative twist? Imagine mastering powerful breathing techniques that silence the mental noise, steady your racing thoughts, and unlock a wellspring of inner peace and happiness.

Think of breathwork as a superhero cape for your nervous system—it brings balance and transforms your perspective. Why not enhance your college adventure with the incredible powers of breathwork?

## WHY...What?

Each mindful inhale and exhale isn't just about breathing; it's about unlocking a treasure trove of benefits that can supercharge your academic journey and personal growth. Picture yourself walking into exams with newfound confidence, tackling challenges with serene clarity, and finding a new groove in your daily routine that champions well-being and balance.

Incorporating breathwork into your college life is like wielding a secret superpower to conquer stress and boost productivity. It invites you to pause and savor the present moment, spreading calm and focus throughout every aspect of your life. Whether you're gearing up for a major presentation or unwinding after a hectic day, these breathing techniques can be your trusty sidekick in navigating the ups and downs of college life with ease and joy. Embrace the breathwork class and feel the difference!

## Brain Regions Involved

Hippocampus - Memory  
Amygdala - Emotions  
Prefrontal Cortex - Higher-level Executive Functioning

## Stress/Anxiety Reduction

- Breathwork, especially when you're doing that slow, deep breathing thing, can kickstart your parasympathetic nervous system, helping you chill out and tackle stress.
- When students zero in on their breathing, it's like hitting pause on everything else, which is super handy when you're freaking out or feeling anxious.

## Mental Focus/ Cognitive Function

- Mindful breathing can totally help clear up that mental haze and boost your focus, so you can hit the books harder and actually concentrate.
- Studies show that some breathing techniques might amp up your brainpower, helping with memory, how fast you process stuff, and even your sensory-motor skills.

## Learning Process Impacts

Enhanced Retention  
Reduced TEST ANXIETY