



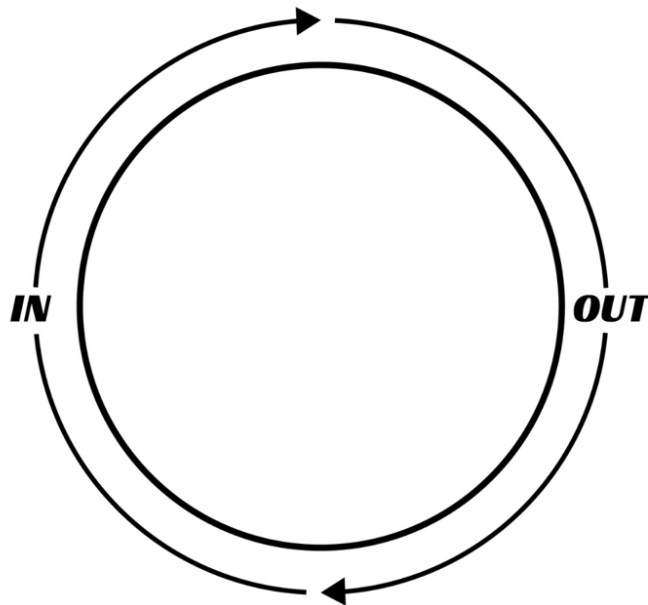
Circular Breathing

Circular breathing, also known as **Connected Breathing** or the **Circle Breath** is the breathing pattern found in Breath of Fire, Holotropic Breathing, the Wim Hof method, and Rebirthing. Circular breathing has been practiced throughout history and is found in many spiritual and popular practices.

Circular breathing has no breaks. It is a continuous, connected inhales and exhales with no pauses. It can be done through the nose or the mouth. It is generally recommended to use the same passageway (nose or mouth) for both the inhale and the exhale, but certain practices use both. Dan Brule cites the benefits as:

- Enhanced oxygenation
- Mental clarity
- Increased energy
- Reduced stress levels

Paradoxically, circular breathing triggers the relaxation response while creating energy. The result is energized calm or dynamic peace.





In circular breathing, you eliminate the pause between inhale and exhale and simply connect both together. You breathe continuously and seamlessly. You can have little wheels and go quickly like in breath of fire, or you can go more slowly. Faster will energize you, and slower will relax you. Sometimes the stress will be on the inhale (active) and the exhale is passive (like in Wim Hof breathing), or the exhale is active and the inhale is reflexive (as in breath of fire).