



Intentional breath + Consciousness

The benefits of intentional breathing is becoming increasingly well known, but what about consciousness?

Things I wish I'd known before now...

The body is designed to self-heal –
it gives us messages (mind, body,
emotions link)

What we perceive, we believe –
Thought (conscious or not) is
creative

Most of the population sub
ventilate – who teaches us to
breathe?

90% of our thoughts & experiences
are sub/unconscious

You've got to feel it to heal it /
every upset is a setup & sharing is
caring

ANS : Come out of fight / flight –
relaxation techniques

The body remembers our journey –
E.g. ancestry, birth experience

The effects of trauma on our breath
– our breath tells us a lot about
ourselves

Increasing breath = increasing life
(cells, lungs, immune system, etc!)