

Essential Breathing

Free your Breath for Optimal Well-being

Breathing impacts our ability to speak, our body language and our ability to be emotionally calm, mentally present and to communicate successfully. It is crucial to correct distorted breathing patterns. Your breathing is the foundation for the other components of communication training to succeed—and your best tool to control anxiety and overwhelm.



Facts About Breathing:

- ◆ 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.
- ◆ 70% of toxins are eliminated during the breathing process. Only a small % of toxins are eliminated through perspiration (20%), defecation (3%) and urination (7%).
- ◆ 90% of the nutritional needs of the body come from the oxygen we breathe. Only 10% come from food. Without sufficient oxygen, we will 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*™?

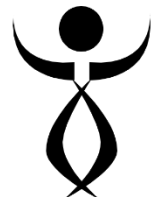
Essential Breathing™ is a simple, yet powerful, breathing practice to gently restore the free & natural, full-body breath you were born with. It incorporates healthy breathing techniques with the power of self-awareness and attention.

Through cultivating self-awareness & attention, you learn to recognize your internal stress response signals that constrict your breathing. Then you actively interrupt this response by taking conscious control of your breathing pattern. In doing so, you intentionally activate your relaxation response and become empowered to speak clearly, control your non-verbal behaviors and successfully communicate in a calm, clear and insightful manner. As you connect more deeply with yourself through the practice of *Essential Breathing*, you reclaim your personal power to effectively manage your communication skills and experience increased well-being.

Benefits of *Essential Breathing*™

Physical Vitality ~ Emotional Calm ~ Mental Clarity ~ Intuitive Insight

- ◆ **Vitality** – increase your physical energy & sense of well-being
- ◆ **Calm** – balance your emotions to express authentically & confidently
- ◆ **Clarity** – respond to life events with increased clarity & conscious intent
- ◆ **Insight** – gain deeper access to your creative inner wisdom



What if you can put your day on the right track in 3-10 Essential Breaths?

Additional Benefits of *Essential Breathing*™

Reduce respiratory problems (asthma, allergies)
Nourish the circulatory system
Support efficient metabolizing of food
Eliminate toxins from the bloodstream & tissues
Lower blood pressure & increase circulation
Improve digestion & reduce stress on liver & kidneys
Increase breath management for speaking & singing
Support lymphatic & venous blood flow
Strengthen the diaphragm & increase lung capacity
Enhance cellular activity, increasing strength & vitality
Reduce PMS & Menopausal Symptoms

Boost immune system
Support trauma & grief recovery
Enhance self-care & self-compassion
Reduce chronic tension & pain
Increase relaxation response & reduce anxiety
Support addiction recovery activities
Support weight loss activities
Enhance problem-solving & goal-setting
Facilitate self-empowerment
Improve focus & mindfulness

Special Note: Although *Essential Breathing* is a gentle, safe and non-invasive process of healthy breathing (without vigorous, trance-inducing or breath-holding properties), deep breathing practices are not currently recommended for individuals who have the following conditions:

Advanced Congestive Heart Failure	Glaucoma	Cancer
Advanced Pulmonary Hypertension	Advanced liver problems	End-stage COPD
Epilepsy/Seizures	Pregnancy	
Diabetic Ketoacidosis	Recent chest or abdominal surgery	
Mental Illness: Bipolar, Schizophrenia, Paranoid Personality Disorder, Borderline Personality Disorder		

Opportunities to Learn *Essential Breathing*™

Level 1 (Four 1-hour sessions)

A series of four 1-hour sessions where you receive in depth instruction to restore the *Essential Breath*™ you were born with. Session 1 includes an assessment of your current breathing patterns, instruction on how to breath correctly and tools to extinguish breathing distortions that are observed. Session 2 provides exercises to help you expand your breathing capacity and deepen self-awareness. Session 3 introduces the technique of dual-awareness that allows you to consciously activate the body's relaxation response at will. Session 4 includes special topics and a review of all concepts to reinforce understanding and integration of these healthy breathing patterns in your daily life.

Level 2 (Three 1-hour sessions)

Level 2 expands your understanding of how you can consciously use your breath to support your well-being in 3 specific areas: during stressful situations to recognize your internal stress response signals and interrupt that response by altering your breathing pattern to activate your *relaxation response* and empower yourself to respond to stressors in a calm, clear and insightful manner; during exercise/fitness activities to enhance overall fitness; and as a tool for accessing your intuitive insight for problem-solving, creativity and meditation.

Keynotes (30-60 minutes)

Connie is available 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 and impactful introduction to the importance of healthy breathing for optimal well-being.

Connie Castro, B.A., M.S.

Connie's exploration of *Essential Breathing* began in 2004 after she observed numerous unusual breathing patterns in her singing students and speaking clients and wanted to learn more. After about 18 months of intense training and 200+ sessions, as well as daily experimentation on herself, she integrated breathing into her coaching program. To date, she has facilitated hundreds of breathing sessions. In addition to an Advanced Certification in *Breath Therapy*™, Connie holds degrees in Social Work and Education, with over 40 years of teaching and coaching experience.