

ELEMENT	CONVENTIONAL BREATHWORK	SONIC BREATHWORK™
Facilitation	Primarily verbal instruction	Verbal + sonic design working in concert
Sound	Playlist or silence	Purpose-built sonic environments matched to breath phases
Structure	Often a single breathing pattern throughout	Dynamic — breath patterns may shift with the sonic arc
Integration	Often brief or informal	Structured integration phase with sound support
Accessibility	Can feel intimidating or esoteric	Sound provides a non-verbal on-ramp that meets people in the body