

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