



Somatic Breathwork Training Course

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Module 1: Foundations & Sacred Safety

- 1.1 Welcome to the Journey: The philosophy of Somatic Breathwork.
- 1.2 Creating the Sacred Container: How to prepare your physical and energetic space.
- 1.3 Safety Protocols & Contraindications: Essential medical guidelines and when to pause.
- 1.4 The Science of the Breath: Understanding the Nervous System (Sympathetic vs. Parasympathetic).

Module 2: The Somatic Connection

- 2.1 Body Intelligence: How the body stores trauma and "cell memory."
- 2.2 The Vagus Nerve: Your portal to relaxation and healing.
- 2.3 Somatic Mapping: Identifying tension points and energetic blockages.

Module 3: Mastery of the Technique

- 3.1 Breathing Patterns:
 - *The Circular Breath (Continuous Flow)*
 - *The Abdominal Expansion*
 - *The Cleansing Breath*
- 3.2 The Anatomy of a Session: The "Active Phase" vs. the "Integration Phase."
- 3.3 Managing Physical Responses: Understanding Tetany, temperature changes, and tingling.



Module 4: Emotional Release & Transformation

- 4.1 The Healing Crisis: Navigating intense emotional breakthroughs.
- 4.2 Catharsis vs. Integration: How to process and release safely.
- 4.3 Higher Consciousness: Using the breath to access spiritual states and universal wisdom.

Module 5: Integration & Daily Practice

- 5.1 Grounding Techniques: Returning to the physical body.
- 5.2 Integration Tools: Journaling, movement, and silence.
- 5.3 Creating Your Personal Sadhana (Practice): A daily guide for your students.

Module 6: Guidance & Leadership

- 6.1 Holding Space for Others: The ethics of being a facilitator.
- 6.2 Guiding Your First Session: Cues, tone of voice, and music selection.



Module 1: Foundations & Sacred Safety

1.1 Welcome to the Journey: The Philosophy of Somatic Breathwork

Welcome, seeker. You are not here by chance. By opening this manual, you have answered a call from your own body to return to its original wisdom.

Somatic Breathwork is more than a technique; it is a bridge. It is the bridge between your conscious mind and the vast, unspoken language of your nervous system. In this training, we treat the breath as a **sacred medicine**.

While traditional therapy often focuses on *talking* through the story, Somatic Breathwork focuses on *feeling* the story through the body. We believe that **the body never lies**. By using specific breathing patterns, we bypass the ego's defenses to release stored trauma, ancestral patterns, and emotional blockages that no longer serve your highest good.

"To breathe is to take back your power. To breathe consciously is to transform your life."

1.2 Creating the Sacred Container

Before we begin the work, we must build the "Container." This is the physical and energetic space that will hold you during your transformation. A strong container ensures that you feel safe enough to let go.

The Physical Space

- **Privacy:** Find a place where you will not be interrupted for at least 60 minutes.
- **Comfort:** Use a yoga mat or a comfortable flat surface. Have a blanket nearby, as your body temperature may drop during the session.



- **Support:** A small pillow under your knees can help protect your lower back, but try to keep your head flat to allow the airway to remain open.

The Energetic Space

- **Setting the Intention:** Before you take your first conscious breath, ask yourself: *What am I ready to release? What am I ready to welcome?*
- **Cleansing:** You may choose to use sage, palo santo, or essential oils (like Lavender or Frankincense) to clear the energy of the room.
- **Music:** Sound is a powerful anchor. Use a playlist that resonates with the rhythm of the session (we will provide a curated list in Module 6).

Reflection Exercise:

Write down your primary intention for this course. If your body could speak right now, what is the first thing it would tell you?

1.3 Safety Protocols & Contraindications

Somatic Breathwork is a powerful experiential tool. Because it can trigger deep physiological and emotional responses, it is vital to respect the boundaries of the physical body.

Medical Contraindications

Please Read Carefully. Somatic Breathwork is not recommended for individuals with the following conditions:

- **Cardiovascular Issues:** Including high blood pressure (uncontrolled), history of heart attacks, or heart disease.



- **Pregnancy:** We use gentle breathing only; deep somatic activation is not advised.
- **Severe Mental Health Conditions:** Such as schizophrenia, bipolar disorder, or those prone to psychosis.
- **Recent Surgery:** If the wound or internal tissue is still healing.
- **Seizure Disorders:** Or a history of epilepsy.
- **Glaucoma or Detached Retina:** Due to the internal pressure changes.

Important: If you have any medical concerns, always consult with a healthcare professional before beginning this practice.

The "Pause" Protocol

In this training, you are the master of your own experience. If at any point the emotional or physical intensity feels overwhelming, follow the **Grounding Sequence**:

1. **Return to Natural Breathing:** Stop the circular pattern and let your body breathe itself.
2. **Open Your Eyes:** Re-orient yourself to the room.
3. **Physical Contact:** Place your hands on your chest or belly, or touch the floor to feel the earth's support.

1.4 The Science: Understanding the Nervous System

To master the breath, we must understand the "Biological Engine" it controls: the **Autonomic Nervous System (ANS)**.

The Two Branches:

1. **The Sympathetic Nervous System (The Gas Pedal):**
 - Prepares the body for "Fight or Flight."
 - Increases heart rate and cortisol.
 - **In Breathwork**, the active inhale stimulates this branch to help "surface" repressed emotions.
2. **The Parasympathetic Nervous System (The Brake):**
 - Responsible for "Rest, Digest, and Heal."



- Activated by the Vagus Nerve.
- **In Breathwork**, the relaxed exhale helps the body process and integrate the energy we have moved.

The Somatic Goal: We are not trying to "escape" stress; we are training our nervous system to be **flexible**. We want to move between these states with ease, reaching a state of **Homeostasis (Balance)**.

“A safe body is a body that can heal. Safety is the foundation of all transformation.”

Module 2: The Somatic Connection

2.1 Body Intelligence: Cell Memory & Stored Trauma

The core premise of Somatic Breathwork is that **the mind may forget, but the body always remembers**. Traditional psychology often focuses on the "Top-Down" approach (thinking to change feeling). Somatics uses a **"Bottom-Up" approach**: we work with the body to clear the mind.

- **Cell Memory:** Every overwhelming experience we haven't fully processed is stored in our tissues, muscles, and fascia.
- **The Freeze Response:** When we experience stress and cannot fight or flee, the energy becomes "strained" or "frozen" in our nervous system.
- **The Breath as a Key:** Conscious breathing creates the internal heat and vibration necessary to "thaw" these frozen emotions, allowing them to complete their journey out of the body.

2.2 The Vagus Nerve: Your Portal to Healing

The **Vagus Nerve** is the longest nerve of the autonomic nervous system, stretching from the brainstem to the abdomen. It is the "Information Superhighway" of your body.



- **Vagal Tone:** By practicing Somatic Breathwork, we improve our "Vagal Tone." A high vagal tone means your body can recover much faster from stress.
- **The Bridge:** The Vagus nerve passes through the diaphragm. Every time we take a deep, somatic breath, we are physically massaging this nerve, sending a signal to the brain that says: *"It is safe to let go."*

2.3 Somatic Mapping: Identifying Your Blockages

In this section, we learn to listen to the "Body's Map." Common areas where energy gets stuck include:

1. **The Throat:** Blocked self-expression or "unspoken truths."
2. **The Chest & Heart:** Grief, heartache, or a protective shield against vulnerability.
3. **The Solar Plexus:** Issues of power, control, and "digestive" emotions (things we can't stomach).
4. **The Pelvis/Hips:** The "junk drawer" of the body, where we store survival fear, trauma, and repressed creativity.

Somatic Exercise for the Practitioner:

Body Scanning: *Close your eyes. Breathe naturally. Slowly move your attention from your toes to your head. Where do you feel "density"? Is it a tightness, a temperature, or a dull ache? Don't try to change it yet—just acknowledge it. Say to that area: "I see you. I am here to listen."*



Module 3: Mastery of the Technique

3.1 Breathing Patterns: The Sacred Tools

In Somatic Breathwork, the way we breathe determines the *depth* of the release. We will master three primary patterns:

A. The Circular Breath (The Continuous Flow)

This is our main activation tool. It eliminates the "pause" between the inhale and exhale, building a bridge between the conscious and subconscious mind.

- **The Inhale:** Deep and expansive through the mouth (or nose, depending on intensity), pulling the air down into the belly first, then the chest.
- **The Exhale:** A total surrender. It is a "falling" breath. Do not push the air out; simply let it drop.
- **The Rhythm:** Think of a wheel turning. No beginning, no end.

B. The Abdominal Expansion (The Safety Valve)

Used for grounding and emotional stabilization.

- Focus only on the lower belly. As you inhale, the belly expands like a balloon. As you exhale, it gently deflates.
- **Purpose:** This activates the lower branch of the Vagus nerve, signaling immediate safety to the brain.

C. The Cleansing Breath (The Release)

- A deep, full inhale followed by a vocalized exhale (a sigh or a sound like "HAAAA").
- **Purpose:** To move stagnant energy out of the throat and chest when intensity builds up.



3.2 The Anatomy of a Session

A professional Somatic Breathwork session follows a specific "Wave":

1. **The Ascent (Activation):** 15-20 minutes of Circular Breathing. We are building the energy (Prana) and "charging" the nervous system.
2. **The Peak (The Release):** This is where emotional catharsis or deep somatic shaking may occur.
3. **The Descent (Integration):** We slow the breath down. This is the most important part for the brain to "re-wire" the experience.
4. **Stillness (The Afterglow):** 5-10 minutes of total silence.

3.3 Managing Physical Responses

As an instructor or practitioner, you must understand that the body will react. These are normal signs of energy moving:

- **Tetany (The "Claws"):** A temporary tightening of the hands or jaw. It is caused by an imbalance of CO₂ and is a sign of resisted emotional release. **The Remedy:** Soften the exhale and relax the jaw.
- **Temperature Changes:** Feeling very cold or very hot. This is the "Somatic Thermostat" resetting itself.
- **Tingling (Vibrations):** Often felt in the face, hands, or feet. This is literally the feeling of your "Electric Body" waking up.

Practice Instruction for the Practitioner

"Today, practice the Circular Breath for only 5 minutes. Don't look for a big emotional release yet. Just focus on the connection between the inhale and the exhale. Notice where the breath feels 'stuck' and try to soften that area."



Module 4: Emotional Release & Transformation

4.1 The Healing Crisis: Navigating the Storm

As the breath builds energy, it eventually hits the "walls" of our emotional resistance. This is what we call the **Healing Crisis** (or *Catharsis*). It is not something to fear; it is the soul's way of decluttering.

- **Forms of Release:** This may manifest as uncontrollable shaking, crying, screaming, or even intense laughter.
- **The Role of the Witness:** Whether you are practicing alone or guiding someone, the goal is not to "fix" the emotion, but to **allow** it.
- **The Breakthrough:** On the other side of a release is where the transformation lives. When the body finally lets go of a 10-year-old grief or a hidden anger, it creates a "vacuum" that is immediately filled with peace.

4.2 Catharsis vs. Integration

A common mistake in Breathwork is thinking that "the louder the scream, the better the session." This is not always true.

- **Catharsis:** Is the act of releasing. It is the "volcano" erupting.
- **Integration:** Is the act of making sense of the release. It is where we ask: *How does this change my life today?*
- **The Balance:** We use the breath to stir the energy (Catharsis) and then use silence and presence to weave that energy into our new identity (Integration).

4.3 Accessing Higher Consciousness & Universal Wisdom

Once the emotional "noise" has been cleared through the somatic work, the breath becomes a quiet elevator to higher states of being.

- **The Transpersonal State:** In this phase, the ego thins out. You may experience visions, receive clarity on your life's purpose, or feel a profound sense of **Oneness** with the Universe.



- **The Channel:** In this state, your body becomes a clear channel for **Universal Energy (Reiki)**. This is why Somatic Breathwork is the perfect companion for your Reiki practice; one clears the vessel, and the other fills it with light.
- **Downloads:** Be prepared to receive "messages" or intuitive hits. These are not thoughts; they are direct knowings from your Higher Self.

Practitioner Reflection:

"Emotional release is not losing control; it is finally trusting yourself enough to stop controlling."

Module 5: Integration & Daily Practice

5.1 Grounding: Returning to the Physical Body

After a deep Somatic Breathwork session, your energetic body is expanded and your nervous system is highly sensitive. **Grounding** (or *Earthing*) is the process of anchoring that expanded consciousness back into your physical form.

- **Physical Re-orientation:** Slowly wiggle your fingers and toes. Feel the weight of your body against the floor.
- **The Five Senses:** Name five things you can hear, feel, or smell. This pulls your brain out of the "transcendental" state and back into the *here and now*.
- **Nourishment:** Drinking water or eating a light, healthy snack helps to "close" the energetic portals and stabilize your blood sugar.



5.2 Integration Tools: Processing the Wisdom

Integration is how we translate the "language of the breath" into the "language of life."

- **Somatic Journaling:** Don't just write what you thought; write what you **felt**. Use prompts like: *"My body felt... My heart said... The message I received was..."*
- **Mindful Movement:** Gentle stretching, Yin Yoga, or a slow walk in nature helps the newly released energy to circulate properly through your muscles and fascia.
- **The Power of Silence:** Avoid jumping onto social media or into a busy conversation immediately after a session. Protect your peace for at least 30 minutes.

5.3 Creating Your 4-Week Personal Practice

To become a master of your own breath, consistency is key. We suggest a **Sadhana** (spiritual practice) divided into four stages:

1. **Week 1 (Awareness):** 10 minutes of daily "Abdominal Expansion" to regulate the nervous system.
2. **Week 2 (Cleaning):** 15 minutes of "Circular Breathing" to begin clearing minor emotional blockages.
3. **Week 3 (Deep Dive):** One full 45-minute session to explore the "Healing Crisis."
4. **Week 4 (Connection):** 20 minutes of Breathwork followed by a Reiki self-treatment to align with your Higher Consciousness.

Reflection:

Transformation doesn't happen during the breathwork session; it happens in the choices you make in the next move in life.



Module 6: Guidance & Leadership

6.1 Holding Space: The Sacred Ethics

As you begin to share this work—or even as you deepen your own practice—you become a **Guardian of the Space**. Leadership in Somatic Breathwork is not about power; it is about **Presence**.

- **The Silent Witness:** Your primary job is to provide a safe "container." When someone is in a healing crisis (crying or shaking), your calm, regulated nervous system serves as an anchor for theirs.
- **Non-Judgment:** Every person's journey is unique. Some will have "loud" releases; others will have silent, internal shifts. Both are equally valid.
- **Confidentiality:** What is breathed in the room, stays in the room. This is the foundation of trust.

6.2 The Art of Facilitation (The Cues)

If you are guiding a session, your voice is a tool.

- **Tone of Voice:** Use a rhythmic, steady tone during the *Activation Phase* and a soft, whispered tone during the *Integration Phase*.
- **Verbal Cues:** Use "open-ended" invitations.
 - *Instead of:* "Don't be afraid."
 - *Try:* "Whatever is coming up, you have the strength to breathe through it."
- **Music Selection:** Music is 50% of the experience. Choose tracks that mirror the "Wave": start slow, build to a high-energy peak (drums/tribal), and end with ethereal, ambient sounds (bowls/pianos).

6.3 Self-Care for the Guide

You cannot pour from an empty cup. To guide others into the depths of their soul, you must have explored your own depths first.



- **Clear Your Energy:** Always wash your hands or use sage after guiding someone else to release their energy.
- **Stay Grounded:** Practice what you preach. A guide who doesn't breathe is a guide who cannot lead.

Final Words: Your New Beginning

You have completed the **Somatic Breathwork Training**. But remember:
The manual is only the map; the breath is the journey.

The path to higher consciousness is not a destination, but a continuous return to the present moment. Every inhale is a new opportunity to live; every exhale is a chance to let go.

Go forth, breathe deeply, and live fully.