



# Somatic Breathwork Training Course

## By Sanando Juntos

### Module 1: Foundations & Sacred Safety

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- 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).

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- 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.**