



BACK-TO-ESSENTIALS BOOTCAMP

Guide to Breathing Positions, & Possible
Breathing Experiences



BREATHING POSITIONS

Breathing positions are **intended as a guide** for you and cover a variety of sessions.

These will switch and change depending on the type of session you will do and your location. If out and about, find yourself a comfortable seated position in a safe space.

1 Lying down

Relax fully and feel the support of the ground beneath you.



A cushion under your knees will support your back.



Pop a blanket over you or have one nearby - use an eye mask if you have one.



Raise your knees and place your feet flat on the floor to need help breathing into the belly/abdomen.



2 Seated

You can sit on a chair or the floor, whichever is more comfortable.

If on the floor, you can sit on cushions for comfort and to protect your knees/hips. Make sure your shoulders are back, not slumped forward, and your back is nice and straight - think lengthening and opening up the body. You can place a blanket over your legs also.



3 For Diaphragmatic Breathing Practices

Diaphragmatic breathing 1 - Raising the knees will help to breathe into the belly/diaphragm



Diaphragmatic breathing 2



Diaphragmatic breathing 3



Diaphragmatic breathing 4





BREATHWORK AUDIO

How to use the breathwork audio and prepare for your **breathwork experience**

- Make sure you have put the time in your calendar.
- Switch devices to silent, or off.
- Find a space where you will not be disturbed. Get comfortable in your space. Either sitting or lying down
- We recommend using headphones or earbuds for sound quality
- If you have one, you can use an eye mask or cover your eyes
- Follow along, relax and enjoy
- Give yourself sometime after the breathe - don't just jump straight up

POSSIBLE EXPERIENCES WHEN BREATHING

1 Physical

Some breathing techniques may cause [tingling sensations](#), and feelings of [lightheadedness and you may experience temperature changes](#). If you feel any of these responses, don't panic it is completely normal, and all will resume back to normal when your breathing does.

2 Emotions & movement

You may experience certain [emotions rising to the surface](#) or feel the need to move your body or make a sound. Just allow the body to move how it wants and release what it wants to. This positive experience shows that the [body is working to heal and release stored tension](#).

3 Mind chatter & am I doing it right?

You may find, especially at the start, that it can take a while for your [mind to quieten down](#), and your mind will make you question if you are doing it right!

It will calm down after a few moments, just acknowledge it, and don't judge any thoughts - [the key is to always go back to breathing](#), focusing on the breathing coming into the body, how the movement feels, the sensations in the body, and the body relaxing.

Breathwork is amazing for quieting down busy minds - over time you will find that you quickly relax into your breathwork practice. Like anything, practice and consistency will retrain the body and brain.

And don't worry if you are doing it right, or not - you are. Just keep going with your breathing, and you will find yourself where you want to be.

4 Relaxing into it & giving yourself time and care

Relaxing into your breathwork experience is key. [Give yourself the time to be fully present](#), if you rush it or just do it as another chore, or just go through the motions, it is possible that you will not fully relax and not feel the full benefits.

Do be consistent with your breathing practices. As with anything, [results come with consistency and practice](#).

SAFETY AND DISCLAIMER

1 Medical, safety & disclaimer

Never perform breathwork while driving, operating machinery or in water.

Breathwork is safe and can offer an enjoyable, uplifting, liberating and healing experience. However, there are a few cases where certain breathwork techniques would not be recommended. Activation and dynamic breathing techniques or sessions with breath retentions (intermittent hypoxic training) would not be advised for certain conditions unless under medical advice and guidance. Some cases include: Pregnancy, Epilepsy, Pre-existing lung disease (COPD), Severe cardiovascular conditions, a detached retina or glaucoma, heart conditions or arrhythmia, Bi-polar disorder, schizophrenia or psychosis

If, for any reason you are unsure, please contact your GP or medical advisor before embarking on a breathwork journey.

Sharon Burkey Coaching and The Social Breathwork are not a substitute for medical advice, and we recommend if you are concerned about your breathing or have any underlying medical conditions, or are experiencing breathing discomfort, chest pains, erratic heartbeat, feeling dizzy and lightheaded or any other concerns you should seek medical advice and support immediately.

2 Disclaimer

The information and breathwork sessions provided by Sharon Burkey and The Social Breathwork, are not to be used as a substitute for trauma recovery or procedures of a medical or psychological nature. Products and services can be used as an additional modality supporting healing and are not intended to diagnose, treat, or guarantee results, or cure, although the effectiveness of breathing well and breathwork can have a profound impact.

Any breathing tests and checks completed with The Social Breathwork are not a diagnosis and are to assess if your breathing is showing signs of developing breathing habits, which may be dysfunctional and hindering you.

The breathing exercises provided are a guide only, you should always listen to your own body and not push yourself, if you feel unwell stop. Sharon Burkey and The Social Breathwork and its facilitators cannot be held responsible for any mental, physical or emotional challenges that may arise from this work - your wellbeing is key, so go at your own pace and follow your own breathing and body cues over my guide.

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