



BREATHWORK AFTERCARE

Breathwork can be an intense and deep experience. It can open up unfamiliar states of consciousness; this can be filled with insights, yet also uncover unhealed spaces within us. During the session(s) you may have gone through some physical and emotional experiences which can leave you a little delicate and more receptive to the environment around you. We recommend reading this information for support on how to integrate what you uncovered.

Be kind with yourself

- ★ Give yourself space. Nature is a great resource for that. You may be more open and vulnerable than usual. Take time for yourself, do not force yourself to socialize with people if it does not feel right or to feel obliged to share your experience, breakthrough or insight(s).
- ★ It is quite normal to feel more emotional than usual. Intense feelings can well up. This is a natural part of the process. Try to allow the release and see if you can watch the feelings as they come up
- ★ Your body may react to the session(s) for a couple of days. This is a natural part of the process. The breathing can stir up a lot in your body and can trigger a need for your body to flush out your system. Symptoms may include: irregular sleeping (either you need more or less sleep), tiredness, or more energy. Shifts in digestion (constipation), sensory experiences (metallic taste, tingling sensation in fingers and toes) and muscular pain.
- ★ Support your body by eating lightly and moving your body with light exercise or stretches.
- ★ Stay hydrated and drink a lot of fluids, this will help support your system in the 'flushing' process.
- ★ You may feel a bit "spaced out", so take extra care when driving, cycling or operating any sort of machinery.
- ★ Try not to go straight into your normal daily routine for at least 2 hours after your session.
- ★ Certain insights from the session can have a direct impact on your daily life. Make sure to ground yourself and wait a few days before making any impulsive life changing decisions based on those insights. Integrating your experience
- ★ Tune into yourself and find a way that works for you to support you. Establishing a certain ritual, or connecting a sense of purpose with a significant object or place can help anchor you and deepen your understanding of your inner world. Meditating, journaling, dancing/moving your body to music..
- ★ If you feel you would like to share your experiences, make sure to find someone who is present, open and ready to hold the space for what you want to share. It often helps if the person you choose has done something similar or another form of inner work, as people with no experience may find it hard to receive what you are trying to put into words.
- ★ It is helpful to view the breathwork session(s) as an ongoing process that doesn't have a specific set ending. Each session will be held and bring about a sense of completion, however, in the larger picture we prefer to look at this work as an ongoing exploration into yourself.
- ★ There can be a strong urge to analyse and understand your experiences. Try to remember that this work is not mental, in fact, the mind is surpassed and we drop straight into our inner physical and emotional worlds. Give it time to feel and let the mental process of understanding unfold naturally.

INTEGRATION

Integration is of meeting the uniqueness of our direct experience. Integration helps us discover a place inside where we can hold and contain our experience, make sense of what happened in new ways, bring together, illuminate the tendency to dissociate, and discover deeper meaning.

Slowly, over time, we can begin to provide sanctuary and safe passage for the pieces that may have been broken, or lost – and find ways to re-organize them.

As we train ourselves to re-inhabit our bodies – even in the face of profound discomfort, we can begin to weave a more "integrated" narrative of our lives, re-authoring the story of who we are, what has happened to us, and how we are being called into a new future, not yet known.

Give yourself time to process

After a session a new perspective, new information might come to the surface and that is not always a comfortable process. Creating a healthy relationship with these feelings, observations and experiences is a process of trust and willingness to be with what is, knowing it will change. Try to be patient with yourself and set time aside daily if you can to allow these experiences to come through and to be with them. Great wisdom might be hidden in sometimes difficult feelings!

Keep listening to your body

In practical terms you might need more sleep or less than usual. You might dream more. Try to catch your dreams and write them down, they are another window of working with the material that wants to come to your attention. Be gentle with yourself and try to take more rest or eat whatever suits your own diet in this regard.

Not to Do's

unless described by your doctor, we recommend that you stay off alcohol and/or drugs. These substances can close down the experiences that want to come to your attention.

Mind yourself with kindness, gentleness and care. Keep on expanding this care by being with yourself and others with consciousness. Enjoy the gradual process of becoming more aware, present and intimate with yourself.