



The Breathing School

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What are the benefits of conscious breathing?

Physical:

1. Deep “diaphragm breathing” brings more oxygen to our cells.
2. 70 % of the toxins in the body are eliminated through the lungs, therefore through breathing.
3. Natural breathing improves lymphatic circulation.
4. Deep breathing protects our arteries and improves blood pressure.
5. Relaxed breathing helps with insomnia and fatigue and helps alleviate asthma and other respiratory illnesses.
6. Lamaze breathing helps in childbirth.
7. Proper breathing enhances athletic performance.

“Just as a flame when fanned by a breeze is provided with more oxygen, so too does the digestive fire burn more cleanly and completely when we pause in our eating in order to take a deep breath”.

John Robbins

“Breathe long and deeply at all your meals, that the angel of air may bless you food.”

The Essene Gospel of Peace.

Emotional:

1. Conscious breathing helps one get in touch with our feelings in the body.
2. Relaxed breathing is calming.
3. Natural breathing brings aliveness.
4. Full breathing opens us up emotionally and allows us to connect with each other more deeply.
5. Deep breathing opens our hearts and lets love in.

“If your wanting thrilling kisses were going to have to be willing to get out of our head, relax our body, open our heart, breathe more deeply and let the emotions rip! There is no other way to bliss.”

Cherie Byrd

Mental:

1. Deep conscious breathing quiets the mind and helps in meditation.

“Breathe and Heal” at The Breathing School

2. Deep full breathing brings us into the present moment which is all there is!
3. Natural breathing connects the head with the heart.
4. Deep relaxed breathing creates mental ease.

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts and feelings.”

Thich Nhat Hanh

Spiritual:

1. Breath is a tool to reach the higher states of consciousness.
2. Breath connects us to God, our higher self, spirit.

“Student, tell me what is god? He is the breath inside the breath!”

Kabir

“Breathe and Heal” at The Breathing School