

# BREATHE

## AN ACCESSIBLE INTRODUCTION TO BREATHWORK FOR ALL LEVELS

*And your gateway to the 2026 Elements of Breath Breath Coach Training*

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# Welcome to Your Breathwork Journey

Welcome to this life-enhancing introduction to Conscious Breathwork. Whether you're a seasoned practitioner, a wellness professional, or just starting your healing journey, this guide will awaken you to the profound power of breath.

*“You carry the most powerful healing tool within you - your breath.”*

# WHAT IS BREATHWORK



Breathwork refers to intentional breathing techniques used to regulate the nervous system, shift emotional states, release trauma, increase vitality and improve overall wellbeing. It's simple, accessible, and deeply transformative.

## Styles of Breathwork

- Full Conscious Breath
- Coherent Breathing
- Somatic Breath Awareness
- Box Breathing
- Alternate Nostril Breathing
- Breath of Fire

# WHY BREATHWORK MATTERS NOW MORE THAN EVER

With chronic stress, overwhelm and mental health issues on the rise, especially in Australia where the cost of mental health care exceeds $180 billion annually, the need for accessible tools like breathwork is urgent.

Breath is medicine. Breathwork is a revolution.

# BENEFITS OF BREATHWORK

Emotional release and integration

Nervous system regulation

Enhanced focus and creativity

Energy and vitality boost

Pain reduction and trauma support

Deep relaxation and better sleep

# STEP-BY-STEP BREATHWORK PRACTICES



Start your journey with these simple and powerful conscious breath techniques you can practice anytime, anywhere.

# Box Breathing (4-4-4-4) For Calm & Focus

*Step-by-Step:*

- Sit comfortably with your spine tall
- Eyes can be closed or open
- Inhale through your nose for a count of 4
- Hold the breath for 4 counts
- Exhale slowly through your nose for 4 counts
- Hold again (at then of the exhale) for 4 counts
- Repeat for 3–5 minutes, or longer
- Increase the count to 6 or 8 when you feel ready

*Great for moments of stress, decision-making, or preparing for sleep*



# Coherent Breathing (5-5) For Balance

*Step-by-Step:*

- Sit or lie down in a relaxed position
- Inhale gently through your nose for 5 seconds
- Exhale slowly for 5 seconds
- Focus on creating a smooth rhythm
- Continue for 5–10 minutes



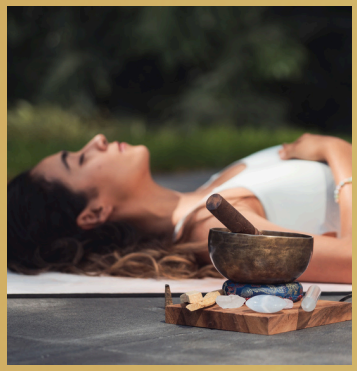
*This supports nervous system regulation and emotional clarity.*

# Full Conscious Breath

## *Step-by-Step:*

- Lay comfortably with your head as flat as possible, making sure you feel comfy, cosy and supported
- Close down the eyes and bring your awareness to your breath
- Stay here for a few minutes
- Gently start to extend the inhale and exhale, lengthening and deepening the breath in a relaxed way (no pressure, force or fast pace is needed)
- With each inhale, take in a little more breath each time until you reach capacity·
- Don't struggle with the breath, stay with what feels comfortable but requires you to stay present
- Let you exhale like a sigh - simply let go. No pressure or force or fast pace – stay in relaxation mode
- Don't struggle with the breath, stay with what feels comfortable but requires you to stay present
- Stay with this Full Conscious Breath for 15 mins. Put a timer on if you need to
- Gently return to your normal breathing rhythm and take 5 minutes of stillness
- Come out of the practice when you feel ready by rolling to one side first and then sitting up slowly

*Stay gentle with yourself. The magic of this practice comes from softness, not force.*



Elements of Breath

• Certified Breath Coach Training •

# ELEMENTS OF BREATH

# Certified Breath Coach Training

Our Certified Breath Coach Training is a 12-week intensive designed to empower you with skills, science, and support. Whether you're expanding an existing practice or beginning anew, this journey transforms lives.

July 10th – Oct 1st 2026: Hobart + Online



# ELEMENTS OF BREATH



# Certified Breath Coach Training

## CHECKLIST

A simple guide to help you see if this Breath Coach Training is the right fit for you.

# IS THIS TRAINING FOR YOU?

Before you dive in, take a moment to land...
This checklist is here to help you feel into whether this Breath Coach Training truly aligns with where you are and where you're being called next.

There's no right or wrong here — just an honest look at what resonates in your body, your heart, and your path.
If these points light something up inside you, even gently... that's usually a sign you're in the right place.

When you're ready, move through the list below and see what feels true for you.

# CHECKLIST

Read through the list and reflect on what aligns with your path.

- [ ] You've got little to no experience with breathwork, but you're genuinely curious and feel called to learn more.

- [ ] You're curious about conscious breathwork and want to learn how it supports nervous system regulation, clarity and calm.

- [ ] You're already a health professional, therapist, coach, yoga teacher or healer and want more trauma-informed tools to support your clients.

# CHECKLIST

- [ ] You've experienced the benefits of breathwork in your own life and feel called to share this with others.
- [ ] You care about the science and nervous system physiology behind breathwork, not just the technique.
- [ ] You want training that teaches practical breath techniques you can use with individuals and groups.
- [ ] You're ready to learn how breathwork can gently support stress, anxiety, trauma integration and emotional resilience.

# CHECKLIST

- [ ] You're committed to ethical and professional practice with a training grounded in safety and trauma-sensitive facilitation.

- [ ] You'd like business support and mentoring so you can feel confident launching or integrating breathwork into your offerings.

- [ ] You want a globally recognised certification pathway with professional membership eligibility on completion.

If most of these points light you up — this training is likely a perfect fit for you!

# INSIDE THE TRAINING

## 12 Week Program Includes:

~ 4-Day in-person retreat (Hobart, Tasmania)
~ Online modules +
~ Online Workshops with our guest experts
~ Fortnightly Zooms + peer support
~ Assignments + case studies
~ Business mentoring + support

# MEET YOUR LEAD TRAINER



Karlyn Digitalis

20+ Years Experience | Trauma-Informed | IICT Professional Member

Breathwork & Bodywork Specialist

# READY TO JOIN A REVOLUTIONARY MOVEMENT, POWERED BY CONSCIOUS BREATH?



This isn't just a training-it's a shift in how we heal, connect and lead. If you feel the call to serve through conscious breath, we're here to guide you every step of the way.

Limited spots. Transformation awaits.
APPLY NOW.

**Special Early Bird Discount PRICING: NOW OPEN!**

APPLY HERE

*www. sacred-alchemy.com.au/elements-of-breath*