



NATURALLY
ECSTATIC



Changing-State

De-stress and empower yourself with your Breath

Our breath is the key to so many things in life. How we think and feel directly affects our breathing and conversely, the way in which we breathe affects how we think, we feel, and we react.

Unfortunately, over our life time we have all taken on and habituated poor breathing habits which can be detrimental to our health and wellbeing.

Changing our breathing changes the chemistry in our body.

Better breathing creates a better quality of life and I'm here to share with you how changing your breathing can change your mood, your mental and emotional states and overall health. Breath is both a catalyst, a synergist and an amplifier and when we know how to use our breathing to amplify the things that we want it to and to decrease the things that we want less of, then we start to master our life in a completely different way.



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Master your breathing to master your life.

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In the accompanying audio exercise, I will guide you on an effective 7 minute breathing pattern which will enable you to change your state whenever you are feeling stressed, anxious, confused, tired, and emotionally triggered. It will help you to re-focus and re-center yourself.

Practice it a few times every day and it will become a positive habit whenever you become stressed, anxious or emotionally triggered.

When doing this practice bring a sense of curiosity and fascination to the sensations that the breathing generates.

Important:

If you experience dizziness then ease off and breathe less strongly - you will build up tolerance the more you practice it.

Do not do this exercise when driving or using machinery or tools.

Also do not do this if you have any of the following:

Are in the first 3 months pregnancy, heart disease, epilepsy, COPD, high or very low blood pressure with history of fainting, schizophrenia, strokes, TIAs, seizures or other brain/neurological condition or disease.

I'd love to hear how you get on - please contact me with any queries feedback.