



B R E A T H E

BREATHWORK PRACTICES GUIDE

*A powerful introduction to breathwork + your gateway to our
September 2025 Breath Coach Practitioner Training.*

KARLYN DIGITALIS

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 Connected Breathing

Box Breathing

Coherent Breathing

Alternate Nostril Breathing

Somatic Breath Awareness

Breath of Fire



WHY BREATHWORK MATTERS NOW MORE THAN EVER

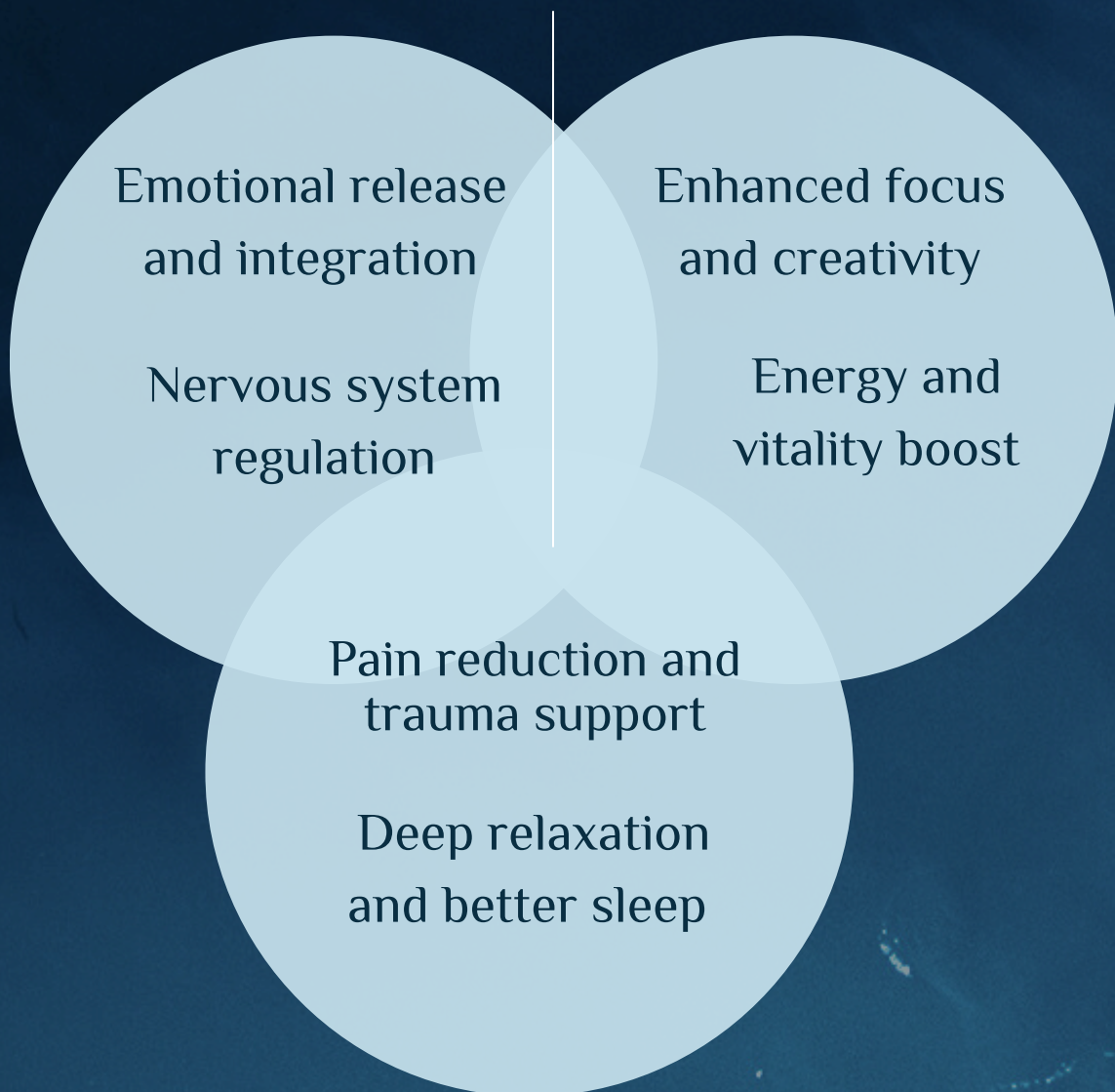
With chronic stress, overwhelm and mental health issues on the rise, especially in Australia where the cost of mental health care exceeds \$180 billion annually, the need for accessible tools like breathwork is urgent.

Breath is medicine. Breathwork is a revolution.





BENEFITS OF BREATHWORK



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 Connected Breath For a Deeper Inner Experience (Advanced)

Step-by-Step:

- Lie down in a safe, quiet space where you won't be disturbed. Close down the eyes
- Begin breathing in and out through the mouth in a slow continuous, connected rhythm (no pause)
- Keep the breath full and flowing but unforced
- A *full* breath means engaging the diaphragm (belly breaths) and the full capacity of the lungs (as much as possible)
- Allow any emotions or physical sensations to rise without judgment, try to simply feel them
- After 10–15 minutes, return to a gentle breath and rest

Use this practice with care and ideally with an experienced practitioner if a beginner. Powerful for deep emotional healing and integration.

TIP: Always finish breathwork with a few minutes of stillness or journaling to integrate.



Elements of Breath



Elements of Breath

• Breath Coach Practitioner Training •

BREATH COACH PRACTITIONER TRAINING

Our Breath Coach Practitioner 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.

Start September 25th to December 19th 2025 ::

Hobart + Online





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 |
IICCT 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. Apply now to join our September-December 2025 intake.

Limited spots. Transformation awaits.
APPLY NOW.

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

Early Bird Price: \$2,225 available
until August 16th

Standard Price: \$2,575 after
August 16th

[APPLY HERE](#)