



# Companion Workbook



Practical tools to start  
your conscious  
breathing journey...



by:  
NeuroSoul Repatterning

[www.neurosoulre patterning.com](http://www.neurosoulre patterning.com)

## Welcome Message

Welcome to your breathwork practice.

This workbook is designed to help you apply what you've learned in the Introduction to Breathwork guide.

You'll find simple explanations, journal prompts, practice trackers, and reflection exercises to deepen your understanding.

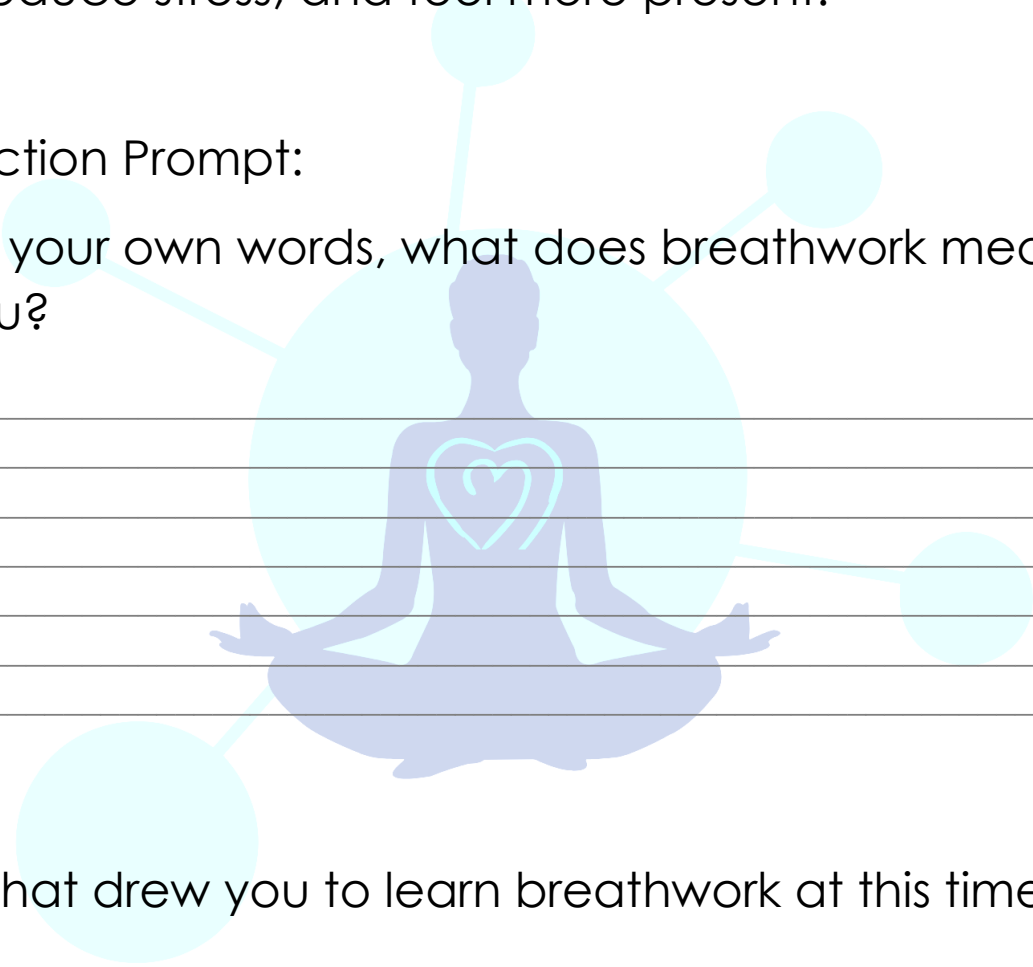


## Section 1: What Is Breathwork

- Breathwork is the conscious use of your breath to influence your body, mind, and emotions.
- It helps you regulate your nervous system, reduce stress, and feel more present.

Reflection Prompt:

➡ In your own words, what does breathwork mean to you?



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➡ What drew you to learn breathwork at this time?

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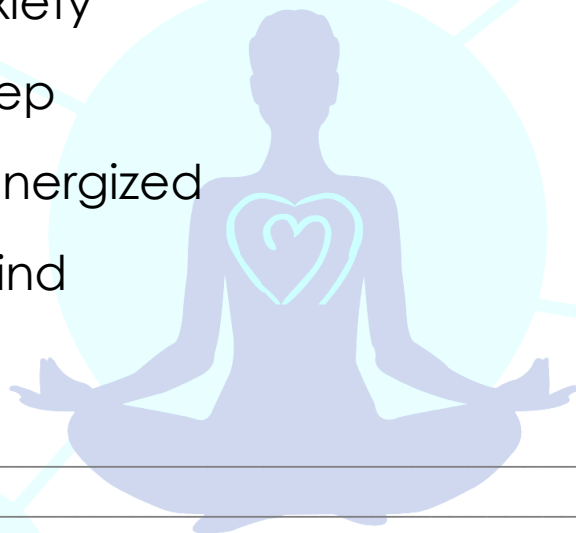
## Section 2: My Breathwork Goals

Write your personal goals:

- Why do I want to practice Breathwork?
- What areas of my life do I want Breathwork to improve?

Example goals:

- ✓ Reduce anxiety
- ✓ Improve sleep
- ✓ Feel more energized
- ✓ Calm my mind



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Additional practice notes.

Note your progress, any emotional or physical changes you noticed along the way, any discoveries, insights or experiences, etc.



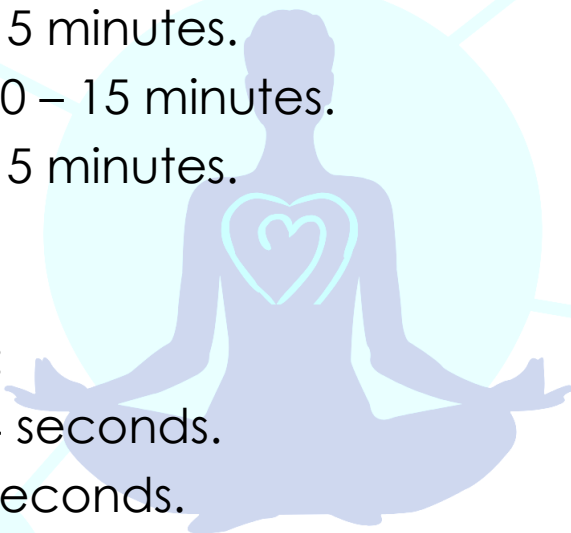
## Section 4: Trying Out Full Basic Sessions

### Diaphragmatic Breathing:

- ✓ Sit or lie down comfortably.
- ✓ Inhale slowly and deeply through the nose, expanding your belly.
- ✓ Exhale slowly through your mouth, feeling your belly fall.
- ✓ Repeat for 5 minutes.
- ✓ Pause for 10 – 15 minutes.
- ✓ Repeat for 5 minutes.
- ✓ Pause for 10 – 15 minutes.
- ✓ Repeat for 5 minutes.

### Box Breathing:

- ✓ Inhale for 4 seconds.
- ✓ Hold for 4 seconds.
- ✓ Exhale for 4 seconds.
- ✓ Hold for 4 seconds.
- ✓ Repeat for 4–6 rounds.
- ✓ Pause for 10 – 15 minutes.
- ✓ Repeat for 4–6 rounds.
- ✓ Pause for 10 – 15 minutes.
- ✓ Repeat for 4–6 rounds.



Note:

Always trust your body. Stop after the first round if you feel you need to. You can always work your way up slowly.

My Observations After Each Practice:

- How did I feel emotionally?
- Any physical changes I noticed?
- What was easy or challenging about this session?



## Section 5: Breath Awareness Journal Prompts

➡ What did I notice about my breath during quiet moments today?

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➡ When was my breath shallow or tense today?

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➡ How did it feel when I took slow, deep breaths?

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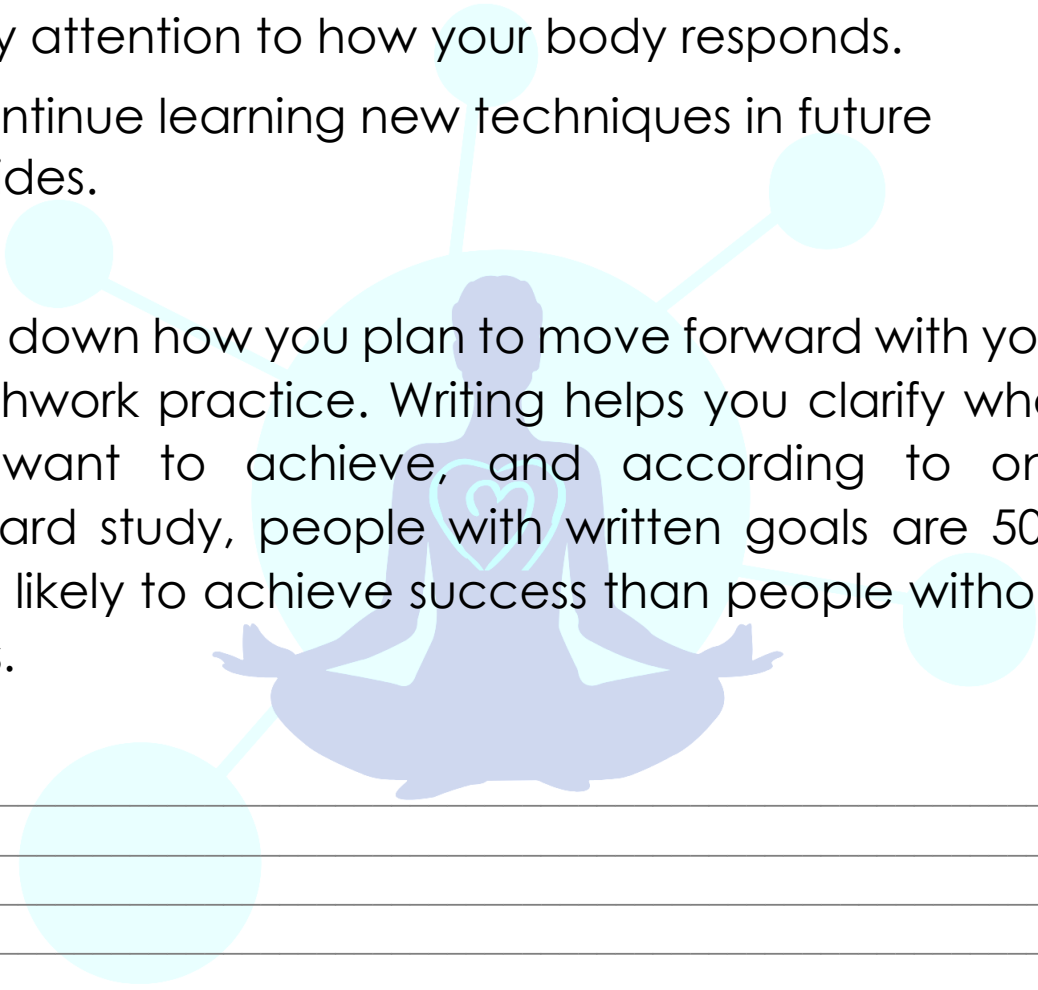
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## Section 6: Next Steps

- ✓ Keep practicing daily for at least 5 minutes.
- ✓ Explore guided breathwork sessions in our [Learning Hub](#) for sessions that suits your style and needs.
- ✓ Pay attention to how your body responds.
- ✓ Continue learning new techniques in future guides.

Write down how you plan to move forward with your Breathwork practice. Writing helps you clarify what you want to achieve, and according to one Harvard study, people with written goals are 50% more likely to achieve success than people without goals.



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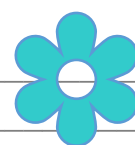
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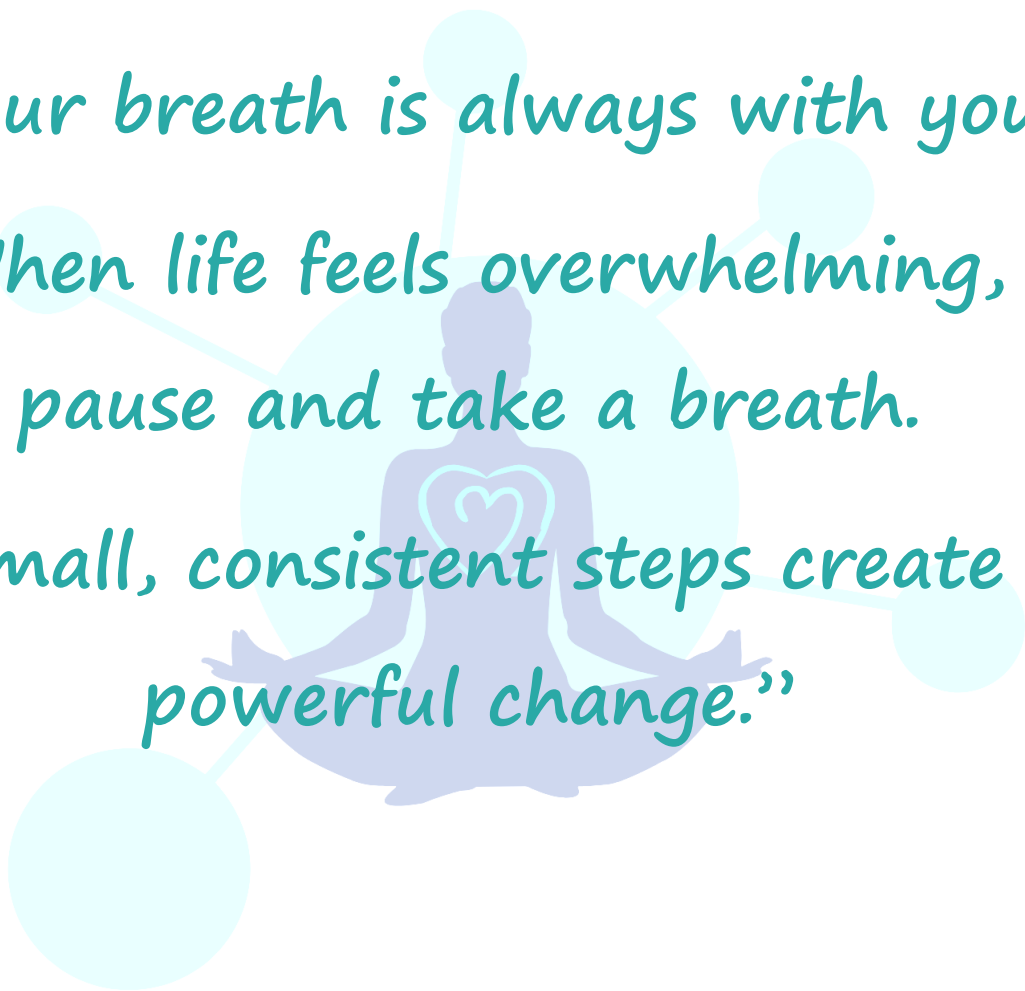






## Closing Reminder

*“Your breath is always with you.  
When life feels overwhelming,  
pause and take a breath.  
Small, consistent steps create  
powerful change.”*





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