



BREATH WORK EXERCISE

Guide for Students

Breath work is a powerful way to access feelings that have been repressed. When we are little, we learn to hold our breath to hold down the feelings and that can lead to a life of shallow breathing. Taking deep breaths releases the stuck emotions and allows them to flow through the body. Making a sound on the exhale can help express the emotion in a very productive way that doesn't hurt anyone else and also releases a tremendous amount of stuck energy. This energy can then integrate back into your system. It's a very powerful healing.

1. Trust the process. Generally speaking what will come up is what is ready to let go. There is an element of surrender here. The more you surrender to the process, the more you can release. If you feel stuck, try moving a little or making more sound on the exhale breath. It's ok to be loud.
2. Don't panic! We got you. You are safe and the staff is trained to support you through this. Go at your own pace and let your inner wisdom guide you through. If you need support, raise your hand or sit up and a staff person will come to you.
3. The purpose of breath work is to allow yourself to reconnect to your soul, find greater self-awareness and increase your capacity for self-healing. Like the bowls, you will either experience where you are blocked (your defense) or what you feel like in your core.
4. It's important to allow yourself to go through the full range of emotions. Cry if you need to, scream if you need to and laugh if you need to. Honor your process and don't push yourself past the point that feels right for you.
5. If you flood and don't feel safe, please sit up and raise your hand. A staff person will come over to help you. They may ask you to get up and move around or they may bring you out of the ballroom to get some water and to walk around. Their intention is to help you come into the present moment.