



# Beginner's Guide to Breathwork

## What is Breathwork?

Breathwork involves focused attention on your breathing patterns. It's a powerful practice that can transform how you feel physically, mentally, and emotionally. It can reduce stress and anxiety, increase your energy levels and boost your immune system. Studies have shown that a regular breathwork practice can help reduce pain, decrease inflammation and help digestion.

### Here's a step-by-step guide to get started:

**Set the Scene:** Find a quiet, comfortable place where you won't be disturbed. Sit or lie down in a relaxed position.

**Begin with Awareness:** Close your eyes and take a few natural breaths, observing the rhythm and pace of your breathing. Notice how your body moves with each inhale and exhale.

**Deep Breathing:** Start by taking a slow, deep breath in through your nose, allowing your belly to expand as you fill your lungs with air. Count to four as you inhale.

**Complete Exhalation:** Gently release the breath through your mouth, emptying your lungs completely. Count to six as you exhale, ensuring you expel all the air.

**Repeat and Focus:** Continue this pattern of deep inhalation and complete exhalation for several rounds. Focus on the sensation of the breath entering and leaving your body.

**Explore Variations:** Experiment with different breathing techniques, such as box breathing (equal counts for inhale, hold, exhale, and hold) or alternate nostril breathing.

**Observe Sensations:** As you continue, pay attention to any changes in your body, thoughts, or emotions. Notice how your mind and body respond to the breath.

**Stay Present:** If your mind wanders, gently bring your focus back to your breath. Use this practice as a way to stay present in the moment.

**Closing:** After 5-10 minutes, gradually bring your breath back to its natural rhythm. Take a few moments to reflect on how you feel before returning to your day.

Suggested  
Apps  
w/ links

[Breathwrk](#)

[Breathing  
Zone](#)

[State](#)

[Paced  
Breathing](#)

[BreatheIn](#)

[Pranayama](#)