

PRACTITIONER COACHING NOTES

Assists And Interventions In A Breathwork Session

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Before the Session:

Prepare the room for comfort

Have tissues, water, pillows, blankets available

You might play certain music

Establish a ritual (light a candle, prayer, affirmation)

Settle in to your center, your intuitive self

Focus your own breathing, awareness, relaxation

Open and expand out to merge with the “information space” around us

Create an atmosphere of freedom and safety

Generate unconditional love and non-judging acceptance

Get clear of your own expectations, agenda

Voice any intentions or goals you have

Clear any attachment to the outcome.

Ask client their intention, or help the person to choose one

During the Session

Focus on the atmosphere:

 Create emotional psychological, energetic freedom and safety

Focus on the Technique

Focus on the purity of your personal presence

Focus on the nature and quality of your client's consciousness

Focus on "Something Else:" trusting the mystery, calling upon spirit of love, guides, angels, etc.

Support and encourage:

 Circular Breathing

 Complete Relaxation

 Awareness in detail

Connected Breathing Coaching Assists

Make the inhale more conscious

Make the inhale more active

Snap the exhale loose

Set the exhale free

Let the exhale go

Release the exhale.

Don't control the exhale

Don't strain

Don't push

Don't force

Smooth out the connection between the in-breath and the out-breath

Round out corners between the inhale and exhale.

Bring the breaths closer together.

Start the inhale sooner.

Make the inhale longer, fuller, richer

Pull the inhale thru the stickiness/shakiness, and release

Let go with a big sigh of relief

Feel the expansion on the inhale in all directions (top-bottom, front-back, side-side)

Take your time on the inhale.

Let the exhale go more quickly and completely

Make the rhythm a little quicker

Take little baby breaths

Slow down, no hurry...

Breathe in a quick rhythm for a few minutes, then take a cleansing breath or two.

Breathe into the upper space (under your collar bones).

Breathe into your belly

Breathe into your back

Breathe into your heart

Breathe into that feeling/sensation

Breathe into that part of the body

Relax into it, relax around it, relax with it

You are feeling your own energy...

Welcome the energy

Invite the energy

Say yes to the energy.

Say yes to yourself...

Say yes to your body...

Say yes to your emotions, your experience

Be gentle with yourself

All your feelings are perfectly safe.

It's perfectly safe to feel all your feelings.

Your feelings can't hurt you.

It's just a feeling. It's just a thought.

Everything is perfect just the way it is.

Perfect! Do that again!

Surrender. Be the witness

Notice/watch your feelings and sensations and thoughts
And your reactions to them

Relax your jaw, forehead, neck, shoulders, etc...

Encourage visualization... flow of water, energy, etc.

Use breath sounds (ooh... ahh... eeh... etc.)

Create a space between your teeth

Guard that space, check on it, return to it, keep re-creating it

Use touch to bring awareness to holding, tightness, unnecessary effort, etc

Use pressure to guide people into breathing into certain breathing spaces

Use movement of limbs, extremities, head, neck, etc to bring awareness and relaxation

Use the audio recording of different breathing rhythms

Model the breathing quality, speed, rhythm, pace, volume, sound, etc.

What to do when people stop breathing, when they keep going unconscious, zoning out, or forgetting to breathe.

Intuitively determine if they are unconsciously holding their breath in order to hold in or hold back (suppress) certain feelings;

Or if they are simply distracted by some feeling or thought... simply zoning out, spacing out, or forgetting to breathe;

Or if they are deliberately/consciously avoiding something that is coming up into their awareness.

Remind them of their intention.

Use the sound of your own breath

Use touch (tap on chest, etc)

Get them into a faster and fuller rhythm

Have them open their eyes

Breathe sitting up

Breathe standing up

Use touch

Use Baskakov methods (sensory bombardment, slow movements, gentle stretching)

Encourage movement to get the body breathing, then keep it going while relaxing

What would happen if you were to breathe more right now?

What would happen if you were to let go completely?

Assists for when people talk too much during the session:

Focus on your body.

Notice how you are breathing

Just be the watcher

Notice what you are doing with your jaw, shoulders, fists, etc...

Where does that thought/feeling live in your body?

Focus there and just breathe

Just experience that

Let's talk after the session

How to end a session or wind it down

Come back to the room.

Turn on your side...

Encourage gentle stretching, moving, rocking, rub hands together

Encourage yoga, tai chi, meditation, dance

Use music, use lighting,

After the Session

Some completion ritual... change music, etc

Have snacks ready, water, juice

Debriefing: sharing observations, getting feedback/report

Encourage mandala drawing, doodling, journaling,

Connect with nature

Possible areas of adjustments, variations, focus, parameters to coach about during a session, things to watch for:

Breath sounds

Quality of the breathing rhythm: fast and full, fast and shallow, slow and full

Length and time of inhale and exhale; speed, volume, rate, depth,

Pauses, gaps, breaks, or changes in the breathing rhythm

Location and focus of breathing movement: high, mid, low

Expansions from side to side, front to back, top-to-bottom expansion

Anything blocking expansion?

Body-breath coordination: (breath moving the body / body moving the breath)

Are they in synch, in harmony?

Amount of effort or ease in the breathing

Smoothness, shakiness, gasping, rushing

Holding, controlling, avoiding, forcing, pushing

Conscious vs. unconscious expressions, reactions

Muscular tension, contractions, body movements, tremors, twitches

Forehead, brow, facial expressions, eyes, (closed, open, focused, glazed) pupils

Position and angle, and activity of head

What's happening in the jaw, lips, mouth, tongue, throat

Adjustments of neck and shoulders, chest, spine, belly, pelvis

Position and movement of hands, fingers, legs, feet, toes

Skin tone, color and temperature changes, visible veins and arteries, pulses

Overall state of comfort, focus, all actions and reactions,

Anything visible in the Aura?

Energy movements, sensations, accumulations, releases, tingling, vibrations

Not expressing obvious feelings, emotions, desires, etc

Over dramatizing feelings, emotions, desires, urges, etc.

This is a “working paper.” If you have anything to add, suggestions, further points to focus on, other tips and coaching assists, please send them to dan@breathmastery.com. And/or post them in the membership comment area.