**MODULE 3: THE PRACTICE OF CONSCIOUS BREATHING**

**LESSON 3: ANALYSIS OF BREATHING**

Our aim as a breathworker is to support the client to break dysfunctional breathing patterns that could have been caused by physical and/or emotional factors.

Identifying the primary dysfunction is a good starting point of focus for the sessions.

The following is a guide to identifying what the most common patterns are and what the focus of the sessions should be.

**1. Reverse Respiration**

Looks like:

* Abdomen moves in with the inhale and out on the exhale

Causes:

* Wearing restrictive clothing
* Compensation in lung disease
* Sometimes seen in children, eventually becomes a fixed pattern

Effects:

* Muscles of respiration are uncoordinated
* Chronic tension in upper body
* Body and breath disconnected
* Confused state of mind

Focus:

* Work on training diaphragmatic breathing (book on belly) and 3 breathing spaces

**2. Chest breathing**

Looks like:

* Breathing mainly happens in upper chest
* Braced upper body
* Shoulders hunched up towards ears
* Belly is held tight

Causes:

* Chronic stress and anxiety
* Startle reflex gets ‘stuck’ in body
* Jim Morningstar Body types

Effects:

* Chronic tension in upper back, shoulders and neck
* Impaired digestion (IBS) and circulation
* Hypertension
* Hyperventilation

Focus:

* 3 breathing spaces
* Conscious connected breathing to unravel emotional root cause

**3. Collapsed Breathing**

Looks like:

* Chest looks collapsed, shoulders rounded
* Core is collapsed/weak
* Shallow puffs if air centred in chest

Causes:

* Possible abuse/trauma
* Depression
* Feels disempowered/stuck in victim consciousness

Effects:

* Lack of muscle tone in lower body
* Obesity
* Disconnection from body

Focus:

* Breathwork in combination with core strength training/yoga/Pilates

**4. Frozen Breathing**

Looks like:

* Little physical movement of the body
* Body appears ‘frozen’
* Protective/defensive body language e.g. arms folded across body, legs always crossed

Causes:

* Childhood physical or sexual abuse
* PTSD
* Fear of not being good enough, doing it wrong etc.
* Psychic sensitive Body Type (Theme 1 - See Module 5 in Manual)

Effects:

* Inability to relax and let go
* Outer layer contracts suppressing the breath

Focus:

* Expand the inhale
* Open up breath in all directions
* Support relaxation on the exhale
* Conscious connected breathing

**5. Split breathing**

Looks like:

* Belly breathing with range from partially full to full
* Breath does not move up into chest
* Shoulders may be drawn in or frozen

Causes:

* Wounding of heart and compensatory armouring around the heart
* Emotional suppression

Effects:

* Inability to connect on heart level
* Prone to breathing difficulties like asthma

Focus:

* Bring breath up into chest and heart
* Expand and open up ribcage

**6. Hyperventilation**

Looks like:

* High respiratory rate at rest > 18 breaths/minute
* Chest breathing characteristics

Causes:

* Chronic stress
* Being stuck in state of adrenalised energy
* Obesity
* Compensation for chronic illness

Effects:

* Blood flow reduced to extremities (cold hands and feet)
* Dizziness
* Palpitations
* Muscle tension

Focus:

* 365 technique to slow breathing down.