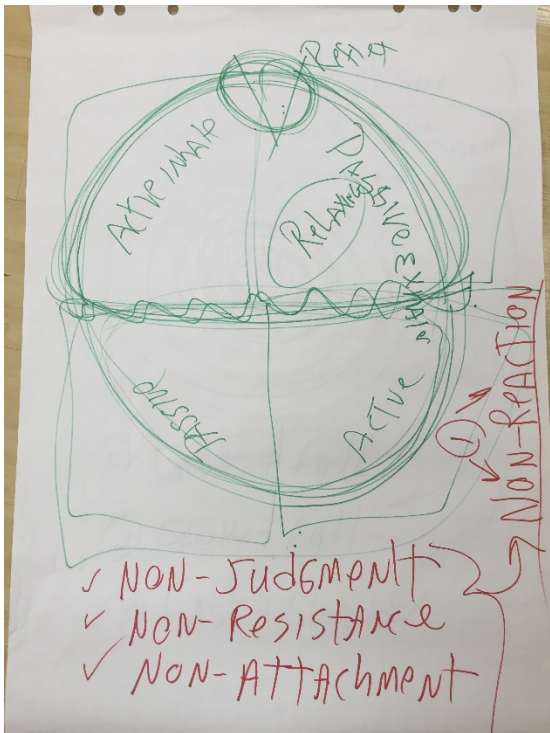
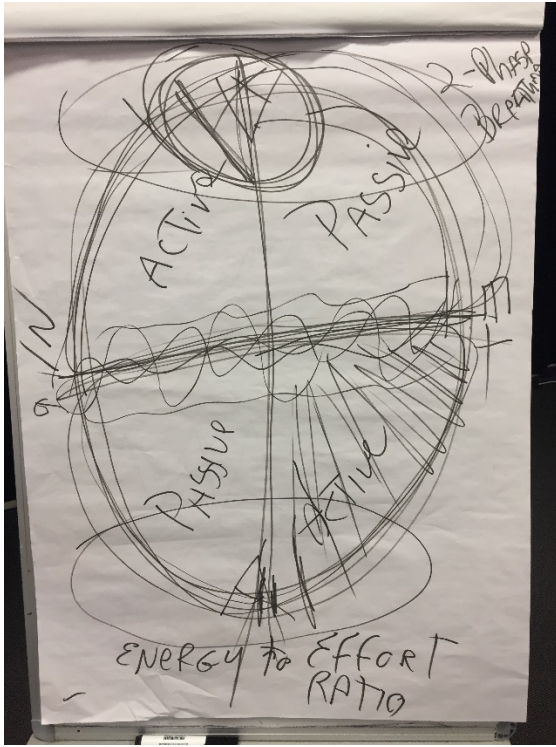
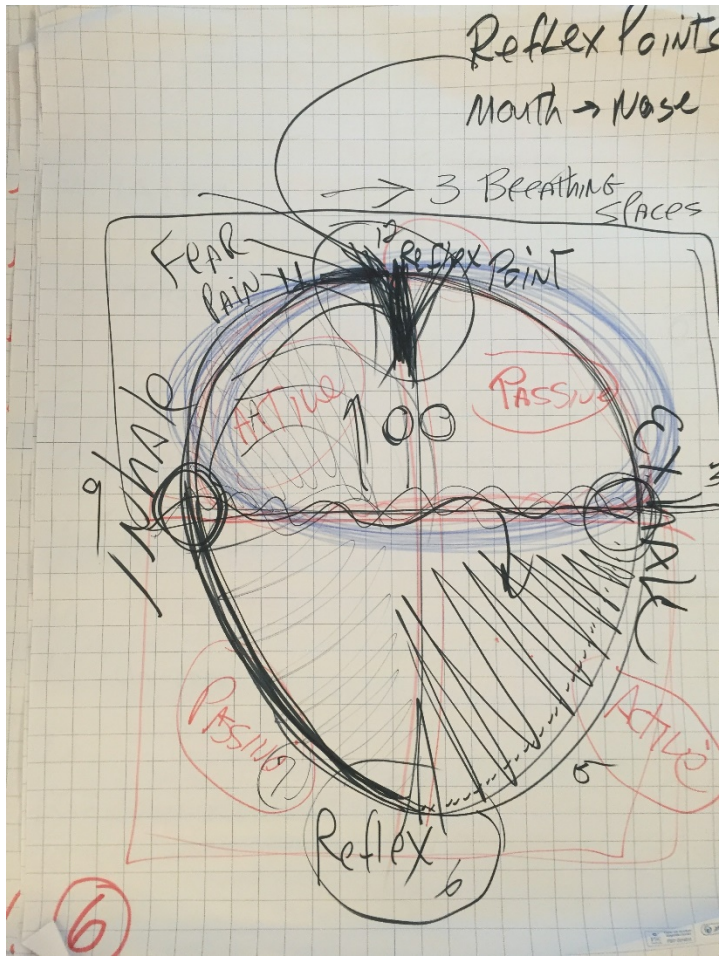


FLIP CHARTS





CONSCIOUS
CONNECTED
CONTINUOUS
CIRCULAR

(SPIRITUAL
BREATHING)

ENERGY BREATHING

NO PAUSES
NO GAPS

INHALE
EXHALE

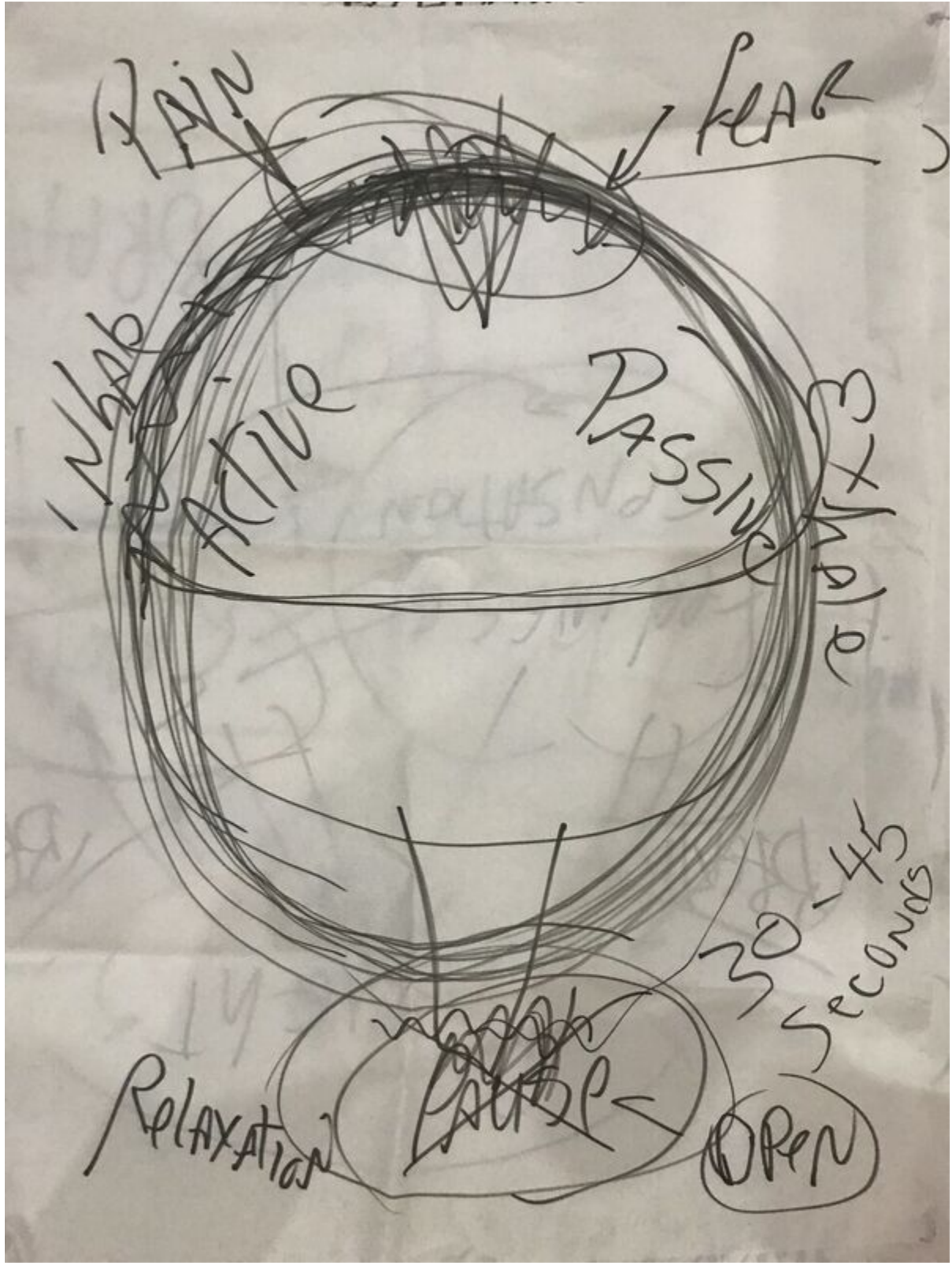
ACTIVE INHALE

PASSIVE EXHALE

FORMULA FOR TRANSFOR

① AWARENESS MA
CONSCIOUSNESS TION
FACTOR

② (WAKE) FACTOR
RELAXATION
RELEASE
LET GO! FACTOR



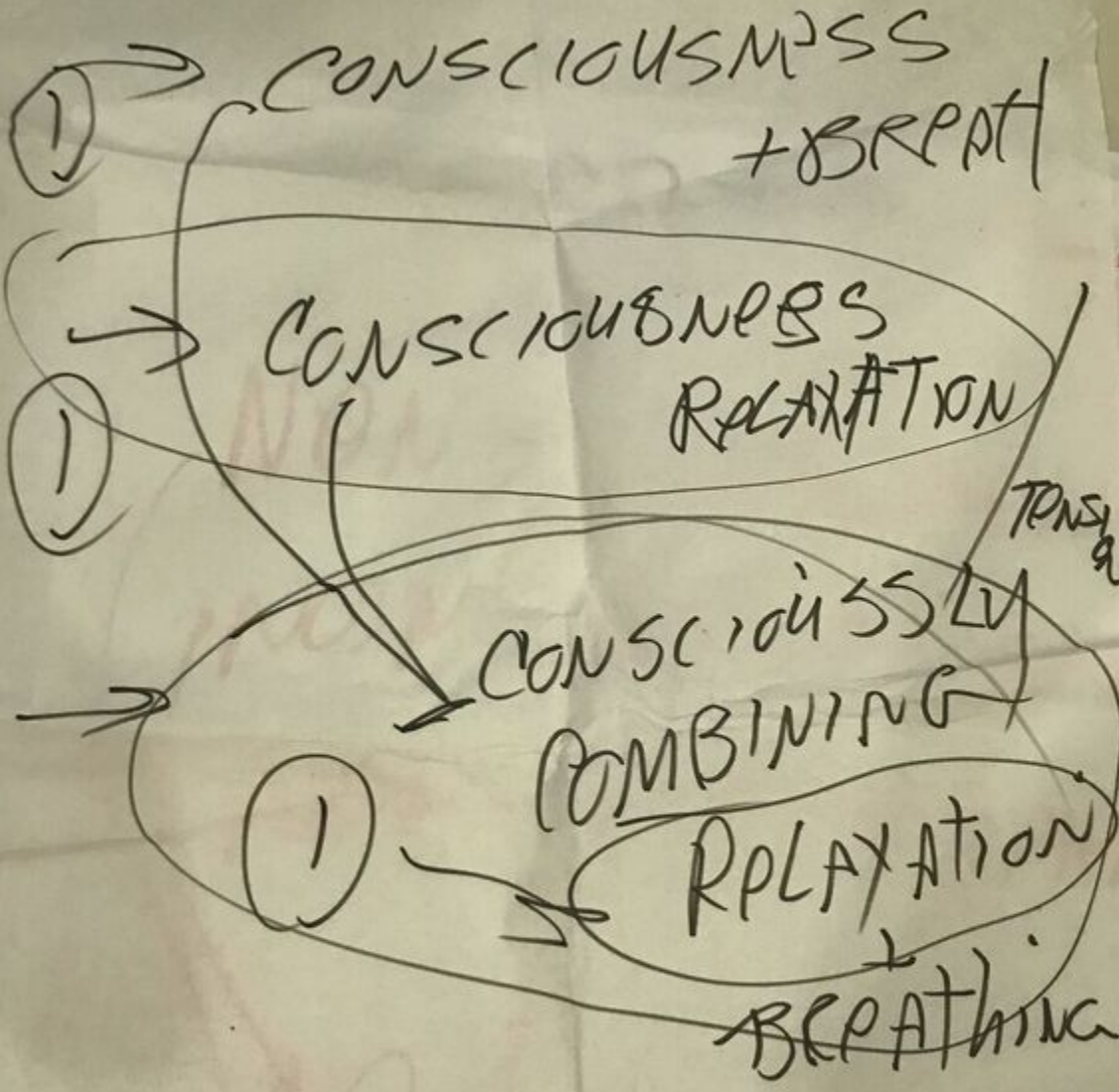
NON - Judgment

NON - RESISTANCE

NON - ATTACHMENT

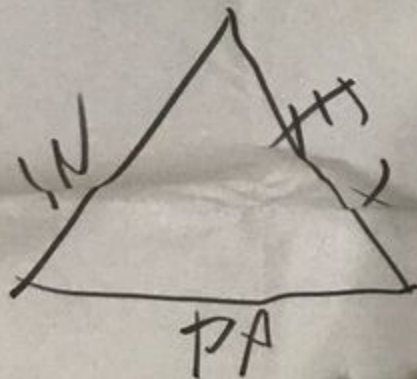
NON - REACTION





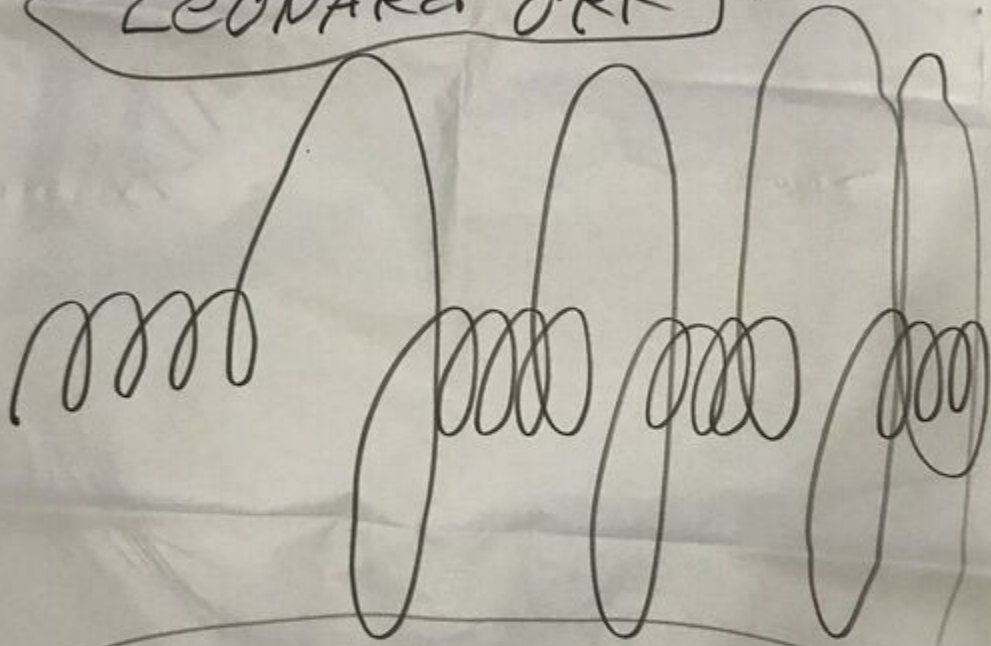
③ BREATHING
ENERGY
FACTOR

TAKE
CHARGE

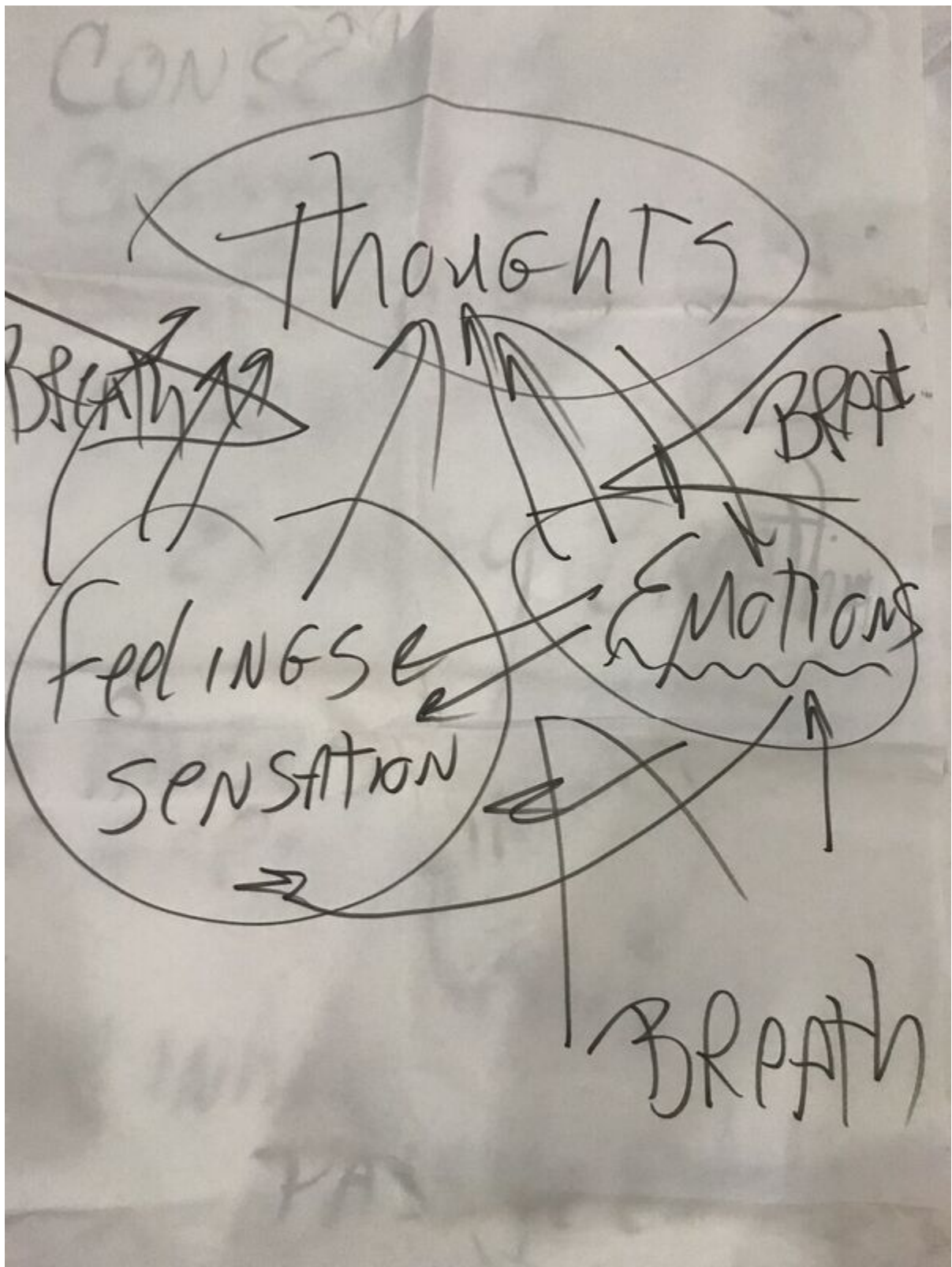


20 CONNECTED
BREATHS

LEONARD ORR



TOTALITY



FAST + full

ENERGY - UNCONSCIOUSNESS

Slow + full

MAXIMIZE PLEASURE / INFUSE EVERY
cell

FAST + Shallow

Too intense / Fun

EXTRA stretch on the
inhale

PARAMETERS

→ CHANNEL

→ LOCATION

→ upper

→ middle

→ lower

→ speed

→ volume

(combine)

→ INTENTION → word
phrase

→ VISUALIZATION

→ MOVEMENT

→ SOUND

EMOTION