

REGENERATIVE BREATHWORK

A down regulation journey

Regenerative Breathwork is a conscious connected breathing practice that creates a felt sense of peace, balance & connection deep within our parasympathetic nervous system allowing the body & mind to rest in harmony.

THE BENEFITS

- Safe for everyone
- A great place to begin a breathwork practice
- Rewires the brain for LSD breathing (low, slow & deep)
- Allows for easeful emotional processing
- Deeply relaxing inviting a sense of calm and restoration into the muscles
- Balances the nervous system to activate homeostasis
- A sense of acceptance and knowing anchors into the body
- Brings the heart, mind & body back into balance during times of stress
- Restores and cleanses the mind & body of built up toxins
- Keeps us connected to the present moment
- Creates space to allow for more mindful decision making

"Our Breathing is the only system in the body that is both completely automatic and also under our control. That is not an accident of nature, not a coincidence. That is an opportunity, an invitation, to take part in our own nature – our own evolution!"
- Dan Brulé

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accessing the parasympathetic
nervous system

