

Conscious Connected Breathwork - Information for First Time Participants

What Is Conscious Connected Breathwork

Conscious Connected Breathwork (CCB) is a transformative breathing technique designed to help you reconnect with your inner world, access deeper layers of self-awareness and release emotional blocks.

Unlike everyday breathing, which often operates unconsciously, CCB is an intentional practice that activates the parasympathetic nervous system, bringing a sense of calm and balance to the body. By shifting into this deep state of relaxation, your body can access, and release stress, tension and even unprocessed emotions stored in the nervous system.

At its core, CCB is about breathing in a continuous, circular rhythm without pauses between the inhale and exhale. This intentional breathing pattern taps into the body's natural ability to heal, creating space for profound change on physical, emotional and spiritual levels.

Your breath is a gateway to your body's innate wisdom. Through the power of your breath, CCB invites you to explore the connection between your body, mind, and soul. It's more than just a technique, it's a journey that links the conscious and subconscious, offering an opportunity for personal transformation. Through this journey of self-discovery, you unlock your own healing potential and step into greater alignment with yourself.

Whether you're new to breathwork or a seasoned participant, CCB offers a profound opportunity for personal growth, empowerment, and connection. CCB meets you where you are:

For beginners: if you're seeking stress relief or a way to reconnect with yourself.

For regular participants: providing a gateway to explore deeper emotional layers, altered states of consciousness and spiritual growth.

For all walks of life: whether you're healing from trauma, seeking personal transformation, or simply curious about the breath's potential, CCB offers a practice for everyone, at any stage in their journey.

CCB is a reminder of something we've always known innately: the breath, our life force, is our most powerful tool for transformation. Your breath is your greatest ally. It's free, accessible, and always with you. CCB allows you to unlock this innate power and intelligence, transforming your relationship with yourself and the world around you. With every breath, you create space for healing, growth and connection.

By doing breathwork on a regular basis, along with the profound physical and emotional releases during the sessions, you will strengthen the neural pathway to your internal intelligence and be able to access it more consistently on a moment-to-moment basis in your life.

How Conscious Connected Breathwork Works

The Science of Conscious Connected Breathwork

CCB isn't just about how it feels, it's also backed by science. This transformative practice works on a physiological level, creating measurable changes in your body and mind. Here's what happens when you breathe intentionally:

1. Increased Oxygen Levels

CCB boosts oxygen intake and circulation, which can:

- *Energise your cells, improving overall vitality and function.

- *Enhance brain function by increasing oxygen flow to key areas.

- *Support the body's natural detoxification processes.

Higher oxygen levels can lead to a feeling of lightness or tingling during your session—this is a normal and temporary effect.

2. Activation of the Parasympathetic Nervous System

Your breath is the link between your body's stress response and relaxation. By practising CCB you:

*Calm the fight-or-flight response: deep, rhythmic breathing reduces cortisol levels, helping you feel more relaxed and balanced.

*Lower blood pressure and heart rate: this promotes a sense of calm, even long after the session ends.

3. Neurochemical Release

CCB influences your brain chemistry, releasing a cascade of beneficial neurochemicals:

*Endorphins: your body's natural painkillers, which boost mood and reduce physical discomfort.

*Dopamine: linked to feelings of pleasure and motivation.

*Serotonin: known as the "happiness hormone", it promotes emotional well-being.

These neurochemical shifts contribute to the euphoria and emotional breakthroughs that many participants report during CCB sessions.

4. Shifts in Blood Chemistry

The continuous breathing pattern of CCB temporarily alters your blood pH, creating a state known as respiratory alkalosis. This:

*Enhances nerve signalling, supporting emotional and physical release.

*Reduces inflammation, aiding in recovery and immune function.

The Psychology of Conscious Connected Breathwork

1. Emotional Release:

The connected breathing pattern can unlock stored emotions, allowing them to surface and be processed. This creates space for greater emotional freedom, leaving you feeling lighter and more at peace.

2. Altered States of Consciousness:

The continuous breathing pattern, combined with the release of neurochemicals, can bring about expanded states of awareness. These states are similar to deep meditation, fostering insights, self-discovery, and clarity.

3. Enhanced Creativity and Intuition:

As the mind becomes less cluttered with daily stress, creativity and intuition often flourish. Many practitioners find that CCB unlocks new perspectives and sparks inspiration.

4. Breath as a Bridge:

The breath is a direct link between the conscious and subconscious mind. By working with your breath, CCB provides access to deeper layers of awareness, helping you connect with, release and let go of unresolved emotions and patterns.

5. Powerful Integration:

The magic of CCB often extends far beyond the session itself. While the breathing practice can bring profound insights and emotional shifts in the moment, true transformation often happens in the days and weeks that follow.

The Mystery of Conscious Connected Breathwork

Outside the physiology and psychology, the profound mystery and esoteric nature of CCB also needs to be honoured.

Breathwork often defies explanation, offering moments of awe, wonder, and connection that science alone cannot fully capture. Being human is a miracle—a beautiful interplay of mind, body, and spirit. Through the breath, we can access parts of ourselves that go beyond logic, touching something deeper and infinitely meaningful.

Honouring Both Science and Mystery

The human experience is a balance of the tangible and the intangible. While we can explain how CCB affects the nervous system, blood chemistry, and brain; we also need to recognize the profound, unexplainable experiences it can evoke — moments of connection, transformation, and clarity that can feel almost otherworldly.

The Magic of the Breath

Breathwork is a bridge between what we know and what we feel. It has the power to:

- *Reveal a sense of interconnectedness: many describe feeling deeply connected to themselves, others, or the universe during a session.
- *Evoke awe and gratitude: the breath reminds us of the miracle of simply being alive, the mystery of existence, and the beauty of our inner world.
- *Expand our sense of self: through the breath, we can explore layers of our consciousness that go beyond words, accessing something profoundly personal and universal at the same time.

Who is Conscious Connected Breathwork For

CCB is a deeply personal practice that meets you where you are. Whether you're seeking emotional release, mental clarity, or deeper self-awareness, CCB offers a powerful pathway to transformation. However, it's important to approach this practice with care and self-awareness, as its intensity may not be suitable for everyone.

CCB May Benefit You If:

- *You're seeking tools to process and release emotional blocks or trauma.
- *You're navigating stress, anxiety, or overwhelm.
- *You're interested in personal growth and self-discovery.
- *You want to explore deeper states of awareness and connection.

Contraindications / Who Should Approach CCB with Caution

CCB is generally very safe when practised in a supportive, guided environment. However, as it may result in certain physiological changes in the body or intense physical and emotional release, if you have specific medical conditions as listed below, it is best to consult a healthcare provider and/or inform your facilitator before attending a session.

- *Cardiovascular disease and/or irregularities (including prior heart attack), high blood pressure (not controlled with medication) or respiratory issues: the continuous, rhythmic breathing pattern of CCB can temporarily increase heart rate or alter oxygen and carbon dioxide levels in the blood.
Note: if you have asthma, it is fine to participate but please ensure you have an inhaler within reach just in case.
- *Detached retina or glaucoma.
- *Pregnancy or recovering from surgery: pregnancy and post-surgery recovery require careful attention to your body's needs. The intensity of CCB can create physical or emotional responses that may not align with these states. Alternative, gentler breathwork practices may be more suitable during these times.
- *Epilepsy or a history of seizures and certain mental health conditions (prior diagnosis by a Medical Professional of manic disorder, bipolar disorder or schizophrenia): the altered states of consciousness that CCB can evoke may interact unpredictably with conditions like epilepsy or severe mental health challenges.
- *Strokes, TIAs, history of aneurysms in your immediate family or other brain/neurological condition or disease.
- *Use of prescription blood thinners such as Coumadin.
- *Hospitalization for any psychiatric condition or emotional crisis during the past 10 years.
- *Osteoporosis that is serious enough whereby intense movement could cause physical issues.
- *Prior physical injuries that are not fully healed and could be re-injured through intense movement.

NOTE: CCB is only recommended from 18yrs+.

What To Expect During a Session

Sessions are around 1.5-2hrs, including:

- *Introduction, preparation and grounding/tuning into the breath (+/- 20min)
- *Active breathing/journey (+/- 75min)
- *Grounding, questions, sharing (if you wish), integration (+/- 15-20min).

During the active breathing you will be lying down in a comfortable position (on the odd occasion participants may feel the need to sit up or go onto all fours – it is not recommended to stand up during the session) with your eyes closed.

The journey will be guided by carefully curated music and the intelligence of your own circular, connected breath.

Breathing technique and music

The breathing technique and music will be demonstrated and discussed further before the session starts.

We will use the Conscious Connected Breathing Technique (also called circular breathing). It is a continuous, connected, circular breathe where the inhale and exhale connect seamlessly, without any pauses to create a beautiful circle of breath.

After a certain amount of time (usually once you have dropped in), you may find your body takes over and finds its own rhythm. There is no right or wrong way – allowing your breath to guide you.

Music will be played during the session. The role of the music during the CCB session is incredibly powerful in the way that different kinds of music guide and deepen the experience.

What You Might Experience During Conscious Connected Breathwork?

CCB is a powerful practice that can evoke a range of physical, emotional, and mental responses. Each session is truly unique and may be completely different each time. What you experience could vary depending on your body, emotions, circumstances and what is up for processing that day. Everyone's experience will be different. Most of the experiences that participants report fall into the following categories:

Sensory Experience

Body release:

A variety of physical sensations could be felt - feeling hot/cold, numbness/tingling, movement/unwinding, tremors/shaking, twitching, stiffness/body tensing up before you get the release, feeling as if your body can't move, hand gestures, etc.

A very common response is tetany, where muscles especially in the hands feel stiff or as if they are cramping up (your hands may even become claw like) – this is very natural, and you should not be alarmed if it occurs. It might be uncomfortable when experienced for the first time, but it is a very healing experience where stress and energy are released on a cellular level. It is usually due to a change in the carbon-dioxide and oxygen ratio. The body tenses up with accumulated, pent-up energy and then releases it through the breathwork journey. If you get tetany, let it be as intense as it wants to be to get the best release possible. It is temporary and will pass. Try continuing to breathe through it - you always can.

Sound release:

Laughter, screaming, moaning, toning, etc.

Emotional release:

Crying, sadness, anger, frustration, fear, joy, etc.

Give yourself permission to feel and release all the emotions fully, there are no wrong emotions. Emotions are in fact nothing else but energy in motion, so give them the space they need to move through you. Your body knows what it needs, allow it all.

Visual Experience

Many participants report seeing images, colours, patterns, sacred geometry, visions, etc.

Biographical Experience

You may have a glimpse or experience of something that happened to you in the past (or sometimes even a past life) which at the time you felt overwhelmed and did not allow yourself to fully experience the emotions involved, suppressing it instead. You may go back to this moment and finally complete the release of energy by acknowledging it and letting it go. Should this occur, you are urged to fully experience whatever emotion comes up, allowing it to fully express and release.

Transpersonal Experience

An experience that you would generally never have in normal everyday life with your thinking mind in control. For example - feeling like you are floating in the stars; oneness - feeling a deeper connection yourself, others or everything; completions with people possibly even with those who have passed away; lineage/ancestral healing; insights into life issues holding you back, etc.

Deep Relaxation/Yogic Sleep State

It may look or feel like you are asleep, but you are actually in between sleeping and being conscious. Similar to the frequency of Yoga Nidra. This takes you into a profound state of relaxation, a space of deep bliss and natural peace, usually at the end of the session. Can provide an opportunity for insights and release on a subconscious level.

REMEMBER:

Release any expectations or specific outcomes

Allow your inner intelligence to guide the journey and give you the experience you need in the moment. Trust whatever you experience is exactly what you need.

You Are Always in Control

You are always in charge of your breath. You can pause, slow down, or adjust your practice at any time. There's no "right" way to experience CCB—your journey is uniquely yours, and it's okay to go at your own pace. Know that inner part of your psyche will only bring up what you're ready to process and release. If it appears, it's ready.

Your Experience Is Always Valid

Whether your session feels relaxing, emotionally intense, or deeply insightful, every experience is valid. Conscious Connected Breathwork is about exploring your unique journey—at your pace, in your way.

Preparation Before Your Session

*Try not to eat anything at least 1-1.5 hours before the session (a light healthy meal is best) – the emptier your stomach, the better, as it is more difficult to drop into the expanded state of awareness if your stomach is overloaded and all your internal energy is focused on digestion. However, you also don't want to be starving, feel faint or be thinking about how hungry you are during the session 😊.

*Hydrate 2 hours before. Bring a water bottle to stay hydrated during and after the session.

*It's generally recommended to avoid or limit coffee before your CCB session, especially if it causes jitters, restlessness or interferes with your ability to focus. While there is no strict rule, it is best to wait a few hours (4-6) after drinking coffee to allow its effects to wear off. If you choose to drink coffee, it's best to do so earlier in the day and allow sufficient time for the caffeine to be metabolized.

*Preferably no alcohol at least 24 hours before.

*Be gentle on yourself before the session. Try to allow for plenty of time to arrive without having to rush.

- *If possible, mindfulness practices can support the preparation process e.g. yoga, grounding with nature, walks, meditation, mindful eating, quiet time, etc. Sometimes just being aware of what might be showing up in your life - insights, daydreams, night dreams, etc.
- *If you wanted to, you could reflect on your intention for the session. This could be something you are calling into your life, or something you intend to let go of.
- *However, also notice if you have any expectations - if so, can you soften them and come into the space with an open mind, allowing and trusting that the session will be perfectly relevant to you on the day.

What To Bring

- *Please wear comfortable clothing. Socks are nice to wear in cooler weather.
- *Something comfortable to lie down on for the journey - a yoga mat is ideal. Should you need a bit more support, you can double up or add a thick blanket on top, otherwise a thin mattress (like a camping mattress) can also work. You will need to be as close to the ground as possible.
- *A blanket or two to cover yourself with (warmer in winter, thinner in summer). Our body temperature can drop during a session, so rather go for more, just in case.
- *A thin pillow/cushion - something to provide slight elevation for your head (optional, but nice for comfort).
- *An eye mask or something like a light scarf to cover your eyes – ideally something that won't fall off or cover your nose and mouth (optional but recommended as you want to try keep your eyes closed during the session and it will support you in dropping more deeply into the process).
- *A bottle of water to stay hydrated during and after the session.
- *A journal and pen in case you have any insights you want to write down afterwards (optional).
- *Tissues (optional).
- *Lip balm (optional).

Post Session

- *BE GENTLE WITH YOURSELF.
- *Re-enter your normal life and activities mindfully.
- *Where possible, try not make any major plans directly after the session, allowing yourself some quiet time to be still and reflect.
- *Avoid alcohol for at least 24hrs.
- *Drink lots of water - more than usual. Hydration helps facilitate energetic flow and flushes out toxins released during breathwork
- *Journal any thoughts, insights or emotions that surfaced
- *Spend time in nature if possible.