



BODHI
BREATHWORK & YOGA

Conscious Connected Breathing // The Connected Breath

Conscious Connected Breathing is a method of breath control that allows access to expanded states of consciousness, having an effect on physical, mental and spiritual well-being.

Conscious Connected Breathing (aka Circular breathing) is an ancient practice used in cultures around the world for thousands of years for healing and attaining higher states of consciousness.

With this method the inhale and exhale are merged, with no hesitation or holding in between. This becomes circular in motion instead of taking a short break between breaths.

The practice is one of the purest and most effective techniques to release stress and tension, heal and resolve trauma, and awaken to your true Being. The method dissolves layers of tension and stress from past emotional traumas, and enables you to incorporate the flow of life energy (Prana / Qi) into your body.

Prana or Qi, means life force or energy flow in Sanskrit and Eastern cultures, and is not easily understood on an intellectual level. The air contains Prana, but it is not the air itself, Prana is not the breath itself, but the power that makes you breathe. Prana gives life to all that is.

Various traumas, ideas, and experiences influence us as we begin to control or unconsciously inhibit our natural breathing rhythm (which essentially is connected). This causes tension, blocked energy, suppressed emotions, and pain to accumulate in our bodies on a cellular level.

Conscious Connected Breathing is a safe and effective method to support you to access your own internal healing energy and greater knowing. From this place, you can experience a powerful shift in yourself and your life experience. Conscious Connected Breathing creates a safe outlet for repressed anger, grief and sadness.

We can breathe into and release our feelings. We can relax out of intense emotions and physical pain with this simple and powerful technique of breathing.

We experience bliss as the natural state of the soul and whenever not in bliss it indicates something in our energy body that needs be cleared. We all carry residues of accumulated trauma, starting from the abrupt birthing experience to our parental, school, religious and social conditioning that all impact the energy body. Breathwork allows one to connect with the original and most simple tool of clearing, grounding and integration.

There are many different styles of Breathwork, including: Holotropic, Rebirthing, Inspirational, Transformational, Shamanic etc. In the end, it all comes down to the power of the breath, especially breath awareness and conscious breathing. Practicing Conscious Connected Breathing restores us to our natural state of being where we find bliss and serenity.