



The Benefits of

HOLOTROPIC BREATHWORK



Physiological level

Breathwork supports and activates all systems of the body:

- the respiratory system,
- the nervous system,
- the digestive system,
- the cardiac system,
- the immune system,
- the circulatory system,
- the reproductive system, the lymphatic system.



Mental level

Increase in:

- Concentration
- Focus
- Memory
- Creativity



Psychological level

- Link between breath patterns and emotions.
- Ruminations controlled.
- Better self-esteem, interactions, and behaviors change.

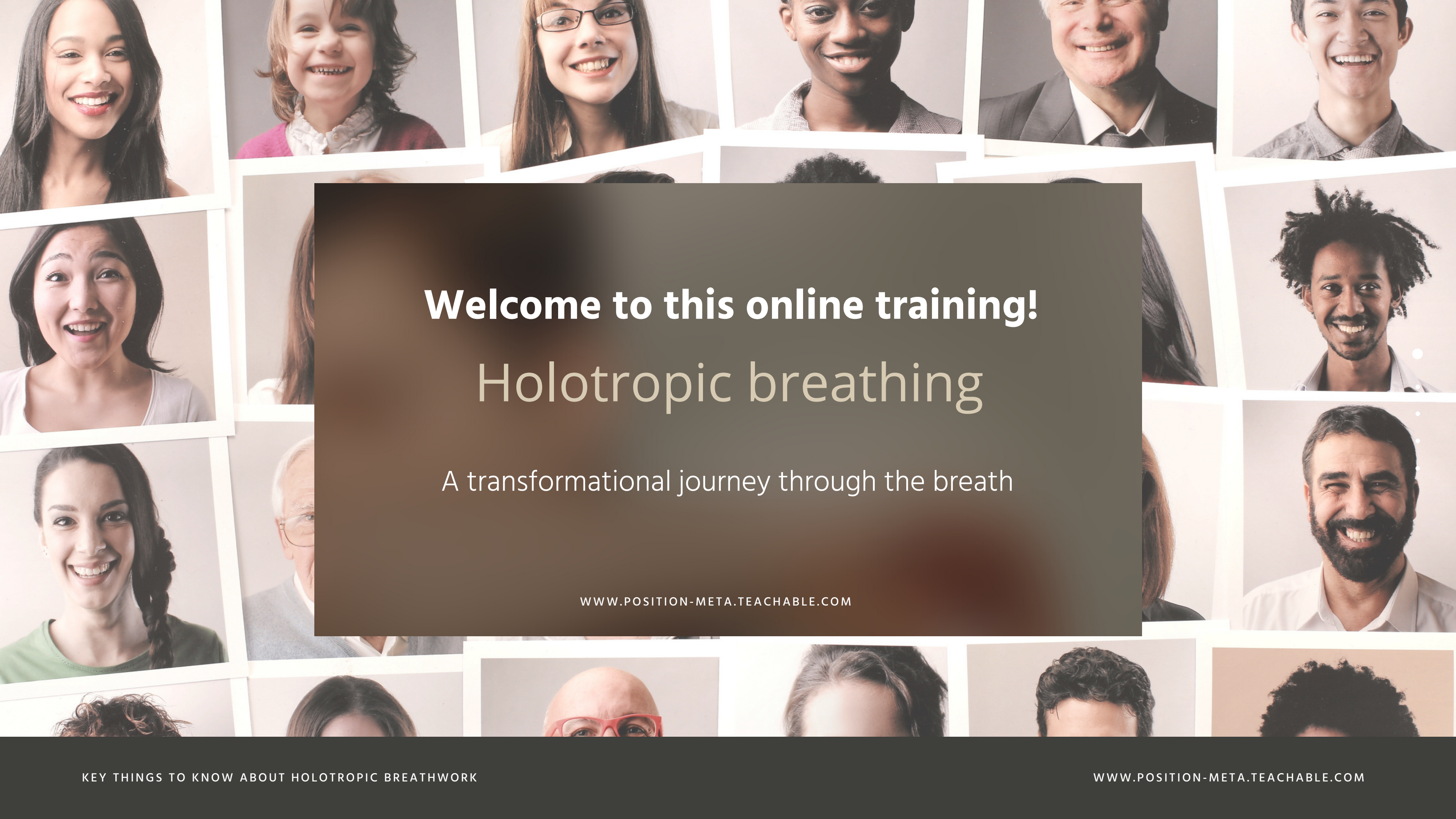


A man with a beard and tattoos, wearing a white martial arts gi with a black belt, is captured in a dynamic pose performing a high kick. His right leg is extended high into the air, and his left arm is raised in a defensive stance. The background is a dark, textured wall. In the top right corner, there is a white arrow pointing to the right. On the right side of the image, there is a vertical column of five white dots.

Spiritual level

Development

- Awareness
- Better knowledge of one-self
- Self growth
- New perspectives
- Clarity



Welcome to this online training!

Holotropic breathing

A transformational journey through the breath

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