



[Breathe to Relax & Unwind](#)

**Breathwork** is the practice of consciously controlling your breathing patterns. Think of your breath as the remote control for your mind and body. Change your breath and you change how you feel: physically, mentally, and emotionally.

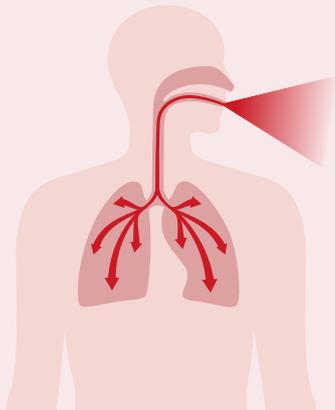
Stress can turn to calm, fatigue to energy, and distraction to focus. With the right techniques, breathwork can also support healing, process trauma, and unlock peak performance.

## How it Works:

Every breath communicates directly with your nervous system.

Fast, rhythmic breathing activates the sympathetic nervous system (fight or flight), boosting energy and alertness.

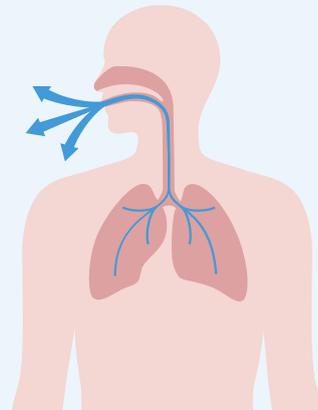
Slow, steady breathing activates the parasympathetic nervous system (rest and digest), creating calm and safety.



**In-Breath**



Increases heart rate, fuels energy.



**Out-Breath**



Slows the heart, calms body and mind.

## What Breathwork Does - Science in Action:

- Lowers stress hormones (cortisol drops, dopamine & endorphins rise)
- Slows heart rate and reduces blood pressure
- Improves oxygen efficiency - do more with less
- Increases vagal tone and heart rate variability
- Calms the Default Mode Network (DMN), the part of your brain linked to overthinking, self-criticism, and mental chatter.

## Benefits of Breathwork - Real-Life Impact:

- Reduces anxiety and overwhelm
- Improves sleep quality and relaxation
- Enhances focus, clarity, and productivity
- Supports trauma release, emotional processing, and pain relief.
- Optimises performance in sport, creativity, and recovery

## Types of Breathwork

Type	What it does	Best For	Example Exercises
Down-Regulation	Slows heart rate, calms nervous system	Stress, anxiety, insomnia	 <a href="#">4-4-8 Breathing</a>
Up-Regulation	Increases energy, sharpens focus	Morning boost, fatigue, distraction	 <a href="#">Belly-Chest-Exhale</a>
Transformation	Clears emotional blocks, accesses deeper release	Trauma, grief, mindset shifts	 <a href="#">Holotropic Breath</a>
Performance	Builds resilience & aerobic/ anaerobic capacity.	Sports, endurance, mental edge	 <a href="#">Rectangle Breathing</a>

### Cool Fact:

You take about 20,000 breaths a day - most without noticing. Even a few minutes of intentional breathing can rewire your nervous system, shift your mood, and change how you experience life.