

MODULE 2: THE 'ART' OF BREATHWORK

LESSON 2: OVERVIEW OF 'ART'

"ART" is an acronym for Awareness, Regulation and Transformation.

The "ART" of breathwork is a new and developing classification model that organises the wide spectrum of techniques into a framework which can be applied with understanding and clarity of their effects. It is a way to use the techniques in more skillful and practical ways for everyday life situations.

While we can acknowledge that the essence of the breath is beyond classification and that it holds a natural intelligence and mystery that is often beyond our understanding, as breathworkers, it is our responsibility to make breathwork accessible to everyone in a way that is safe and easily applicable. This framework is a suggestion for a way in which we can do this.

A - Awareness

Breath awareness includes any form of breath watching. It is the basis of self-awareness and is the foundation of breathwork. Through breath awareness we can gain more from all other forms of conscious breathing.

R – Regulation

Breath Regulation involves breathing consciously for Relaxation, Energy and Balance.

These include the techniques that can be practiced as standalone practices and can that be applied as tools for energy management and self-regulation. They can be taught but do not require facilitation. By changing the rate and rhythm of the inhale and exhale and pauses between the inhale and exhale, we are able to effect changes in our physiological state and associated mental and emotional states.

Relaxing techniques:

These work on the parasympathetic activity through increasing vagal tone.

Examples:

- Long exhalation
- 4-7-8 for sleep
- Sitali breath
- Humming bee breath

Energising techniques:

We can practically control the breath to access more energy, courage and aliveness. These exercises use the breath as life force energy and getting comfortable with intensity. They consciously activate the sympathetic activity while being practiced that may lead to a state of calm energy.

Examples:

- Kapalabathii
- Breath of fire
- Wim Hoff techniques

Balancing techniques:

Balancing techniques work to establish the balance between the sympathetic and parasympathetic system, between energy and relaxation. It creates a state of harmony and alignment in the body-mind system.

Examples:

- Coherent breathing
- Box breathing
- Alternate nostril breathing

T - Transformation

While any breathing technique can be transformative, the practice of connected or circular breathing creates a powerful energy charge and physiological responses that support a process of deep healing and transformation.

Transformative techniques include those that are based in conscious connected circular breathing rhythm and that have their roots in rebirthing.

While we understand that techniques are not cast in stone and that breath is fluid, the ART framework is a useful means to make the vast scope of breathwork more accessible and easier to understand, apply and teach.

Breathwork is both a science and an art. And as with any art form, the fundamental skills should be learned, understood and practiced before it can be used in more fluid and creative ways.

Breathwork is at a tipping point as a movement to fulfill its mission as a tool for healing, transformation and shift in consciousness. It is our duty to share breathwork as a way of living that is accessible to all. After all, this is our birthright.

		Technique
Awareness		Breathe awareness
		Yoga nidra
Regulation	Energy	Warrior breath
		20 connected breaths (4 short + long) x 4=20
		Breath of Fire (Kaphalabati)
		Sniff and Poo
		Double inhale
		Wim Hoff
	Relaxation	1:2 ratio
		Ocean Breath (Ujjayi Breath)
		Yawn and Sigh
		5:5:10
		4-7-8
	Balance	Coherent Breathing
		Box Breathing
		Alternate nostril breathing
		Humming Bee breath (Brahmari)
Transformation		Conscious Connected Breathing
		Holotropic