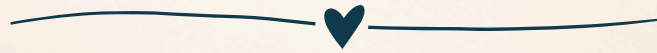




Your First Breathwork Session: Everything You Need to Know



You signed up. That is the most important step you will take.
The rest is simpler than you think.

WHAT WILL ACTUALLY HAPPEN

When You Arrive

Find your mat, grab a blanket, and get comfortable. I will walk through everything before we begin. There is nothing you need to do in advance.

During the Session

Eye mask on, headphones in. I guide the breath. The 9D music does the rest. Sessions run 60 to 90 minutes. You are safe and in control the entire time.

When It Ends

The music fades and you rest. Take your time. Most people feel calm, lighter, or emotional. All of it is normal.

THE JOURNEY, MINUTE BY MINUTE

0-10 min: Your mind will be busy. That is okay.

Just keep breathing. The breath does the work, not your mind.

10-20 min: Things start to shift.

Tingling, emotion, or resistance may surface. Stay with it. Your nervous system is beginning to let go.

20-40 min: This is where the magic happens.

Deep emotion, unexpected insights, physical release, or profound quiet. Whatever comes up is exactly what is supposed to.

The Return: Slow, gentle, held.

I will guide you back.

Integration:

You do not have to figure anything out. Just notice what shifted.

HOW TO PREPARE

Wear comfortable clothing.

Avoid heavy meals 2 hours before.

Come hydrated.

Bring a water bottle, a blanket, and an open mind.

No breathwork experience is needed. I will guide every step.

WHAT YOU MAY NOTICE DURING OR AFTER

Tingling in your hands, face, or feet

Strong emotions or tears

Feeling light-headed or floaty

Muscle tightness or cramping that passes quickly

A sense of lightness, clarity, or deep calm

Feeling like nothing happened

All of this is normal. Nothing is wrong. Your body is simply letting go of what it has been holding.

SAFETY NOTE

Breathwork is gentle and beginner-friendly, but please check with your doctor before attending if you are pregnant, have a heart condition, epilepsy, high blood pressure, a history of seizures or psychosis, or take medications that affect breathing or mood. Your wellbeing always comes first.

CIRCULAR CONNECTED BREATHING

Main Pattern

The heart of the 9D experience. One continuous unbroken rhythm with no pause between breaths.



- Inhale through your mouth, full and steady
- Let the exhale go naturally, no forcing
- No pause between breaths
- If you lose the pattern, I will guide you back

CYCLIC SIGHING

Best for: Rapid stress relief and immediate calm



- Take a deep full breath in through your nose
- At the very top, take a second sharp inhale to fully expand your lungs
- Let out a long slow sighing exhale through your mouth
- Practice for 3 to 5 minutes



4-7-8 BREATHING

Best for: Deep relaxation, easing anxiety, and preparing for sleep

- Inhale quietly through your nose for 4 counts
- Hold gently at the top for 7 counts
- Exhale completely through your mouth with a soft whoosh sound for 8 counts
- Repeat for 4 full breath cycles



BOX BREATHING

Best for: Clearing mental fog, grounding yourself, and building focus

- Inhale through your nose for 4 counts
- Hold calmly for 4 counts
- Exhale smoothly through your mouth for 4 counts
- Hold your lungs empty for 4 counts, then repeat 3 to 4 rounds

DIAPHRAGMATIC (BELLY) BREATHING

Best for: Lowering heart rate and encouraging deep, efficient oxygen exchange



- Place one hand on your chest and the other on your belly
- Inhale deeply through your nose, feeling your belly expand while your chest stays still
- Exhale slowly through pursed lips, letting your belly fall back inward
- Practice mindfully for 5 to 10 minutes

PURSED LIP BREATHING

Best for: Slowing down rapid breathing and controlling short-term shortness of breath



- Inhale slowly through your nose for 2 seconds with your mouth closed
- Pucker or purse your lips as if about to whistle or blow out a candle
- Exhale very slowly and softly through pursed lips for 4 or more counts
- Practice for 5 to 10 minutes

AFTER YOUR SESSION

Drink plenty of water.

Rest if you need to. Your body just did deep work.

Avoid alcohol or stimulants for the rest of the day if possible.

Journal anything that came up. You do not need to understand it yet.

Be gentle with yourself. Emotions may continue to surface for a day or two.

That is part of the process.

A GENTLE REMINDER

You do not need to know what you are doing. You do not need a reason to be here. You just need to show up. Your nervous system already knows how to heal. I am just here to hold the space while it does.

I cannot wait to see you there.

Thank you for allowing me to be part of your journey.

Karen



Exhale Breathwork

Have questions or want to join another session?
Visit exhalebreathworkexperience.com