

The benefits of breathwork are massive! Whether incorporating a quick daily practice, once a week, or even taking 10 seconds to consciously notice your breath can all have a great impact on your body. The 5 minute breath audio file is for relaxation, calming, clearing and is easy, simple and gentle.

With the included 5 minute breathing audio file, practicing this (optimally 3 times) daily can have the following affects;

- Boost immune response
- Reduce cortisol (stress hormone) levels and blood pressure by up to 20%
- Improve mood and sleep
- Boost levels of oxytocin, serotonin and dopamine

Not only does practicing breath awareness ground you into the present moment and impact your mood and clarity, but with accumulative practice, these benefits can become so engrained that if you stopped practicing the breathwork completely, several weeks later you would still enjoy the physical benefits.

A 2nd form of breathwork I teach on a weekly basis is more active and energetic. The breathing sessions last about 24-28 minutes and involve music, verbal guidance and more strenuous breathing. However, this type of breathing (along with the same benefits as the 5 minute breath) can also aid in unlocking stuck energy within your body tissues, processing emotional trauma, recharging your connection to your creativity and inner wisdom, experiencing personal insights and realizations, immediately boost your mood, and create the kind of mental clarity that supports a fast and deep sleep.

If you're interested in learning more about this 2nd type of breath feel free to reach out to me at mike@mikeschurko.com or go to <https://www.mikeschurko.com/breathwork> Your first class with me is always free 😊