

The Power of Breathwork

Breathwork is a simple yet powerful practice that directly influences the **nervous system**. By consciously changing the **rhythm** and **depth** of your breath, you can shift your body out of a stressed "fight-or-flight" state and into a calmer, more balanced state.

This process stimulates the **vagus** nerve, helping to slow the heart rate, lower blood pressure, reduce stress hormones such as cortisol, and promote a greater sense of well-being. And when we do it in the **morning** - it can also act to **energize** us! (well, anytime really!)



Why Practice in the Morning?

We naturally wake up with a rise in cortisol, the hormone that helps us become alert and energized for the day. A brief morning breathwork practice helps channel that energy in a positive way.

Just **5 minutes** of intentional breathing delivers these combined physical and mental results:

- **Mitigates early morning anxiety:** Regulates the nervous system and manages cortisol spikes.
- **Clears away sleep inertia:** Acts as a natural stimulant to boost energy and alertness.
- **Increases oxygen flow:** Enhances circulation to the brain for sharp mental clarity and concentration.
- **Improves diaphragmatic movement:** Promotes better lung function and physical stamina.
- **Builds emotional resilience:** Reduces stress, anxiety, and improves emotional regulation.
- **Cultivates immediate mindfulness:** Provides a grounded, screen-free space to set clear intentions, presence, and balance.

The final result - a greater sense of calm, clarity, focus, increased energy, better tone and readiness as you move into your day.

