

paaise

B R E A T H W O R K

FREQUENTLY ASKED QUESTIONS

WHAT IS PAUSE BREATHWORK?

Pause Breathwork is a method where we use continual breathwork to break down emotions in the body that are stagnant and create heaviness on our energetic and emotional systems. Breathwork is a practice of allowing our systems to see a different perspective whereby we feel deeply connected to our bodies and understand and experience the intelligence contained within our systems. Pause Breathwork is a way to heal, release, and transform.

HOW IS PAUSE BREATHWORK DIFFERENT FROM OTHER BREATHING PATTERNS AND MODALITIES?

The core difference is that Pause Breathwork is for healing and transformation. There are a lot of breathing practices where the goal or outcome is relaxation, but with Pause, relaxation and connection are an after effect of the practice. The goal with Pause is to unearth the stuck energy that prevents us from living in our highest alignment and operating in elevated frequencies. Pause breathwork uses intentional stimulation (breath, music, and movement) to regulate the nervous system and bring your body back into balance.

WHAT ARE THE DIFFERENT TYPES OF BREATHWORK?

The Pause technique offers two types of breathwork practices: integrative and meditative. The integrative practices are the practices that can be used during the day, in combination with your daily activities. The intention for integrative breathwork practices is rooted in relaxation and mental clarity. The meditative practices are for transformation. Meditative practices are done lying down on a mat in private or with a group. Meditative practices are guided by a trained Pause Facilitator.

WHAT ARE THE BENEFITS OF BREATHWORK?

Here are the most common benefits:

- » Immediate stress reduction & anxiety relief.
- » Connect with your emotions & change your response to them.
- » Revitalizes your organs.
- » Gives you access to your higher power.
- » Reduces toxins in your body & provides an energetic release.
- » More energy & mental clarity.
- » Deepens your relationship to your body.
- » Release trauma that has been stuck in your system for years.

WHAT ARE COMMON SIDE EFFECTS OF BREATHWORK?

Breathwork is a completely safe practice; however, the body will respond in physical ways that may seem odd. Tetany is the most common physical side effect; it's where your hands will curl inwards toward your heart. This usually passes within 15 minutes of completing the practice. Your ears may ring for about 20 minutes after breathwork. During the session, your body may shake, move around, or you'll feel the need to scream. This is all part of the energetic release.

During breathwork, my mind is constantly telling me I should stop. What does this mean?

The mind is trying to keep you safe - it's doing its job perfectly. You need to discern the difference between the mind creating chaos or the body being resistant to breathwork. When moving through the breath, keep checking in with your body.

I've experienced a lot of trauma in my life, can I still do breathwork?

Yes, but start extremely slow. If ever you feel like there is too much, back off of the intensity and come back to your natural breath. You may also choose to just lay down and listen to the audio. Also - our trained Pause Breathwork Facilitators are trauma informed specialists - if you'd like support as you embark on your breathwork journey, please [reach out](#).

My hands are cramping - is this normal?

Yes, this is completely normal. This is called tetany, an involuntary contraction of the muscles leading to temporary paralysis of some part of the body, usually the hands, feet, face, or around the waist. It can be a little painful, but is perfectly harmless. It will pass as soon as you soften the exhale. Tetany can be caused by over breathing past the point of what the body feels is normal. It usually arises from resistance to unconscious material wanting to come to the surface. The energy escapes from our extremities--our hands--thus causing tetany to occur. Tetany in the hands can mean you're holding onto something. If this happens, ask yourself: what am I holding on to?

I feel a lot of uncomfortable emotions. Is this part of the process?

Completely, in fact, this is exactly what we want to happen. The intention with Pause Breathwork is to release the emotions that are on the surface. The stuck energy we are holding onto needs to be released with crying, screaming, shaking, and moving the body. Each practice will be completely different. Allow for the variety - some breathwork experiences will be blissful and loving, others will be more intense. Trust that whatever experience you're meant to have will unfold.

I am getting visuals, is this normal?

Completely normal. When we are releasing energy from the body, we will tap into emotions that call upon images from this life or previous lives. About 30% of people will get visuals when they are doing breathwork, or they will begin to get visuals the more they practice breathwork.

Is breathwork safe for pregnant women?

Breathwork is not recommended for pregnant women. The practice can create intense emotionality within the system, which may create emotional disruption for the baby. Breathwork is highly recommended prenatal to allow for the release of past trauma and to create a healthy energetic environment for the baby, as well as postnatal. Breathwork is safe to use when breastfeeding.

I have high blood pressure, is this safe for me?

If you have any medical conditions or are currently taking medication, please consult your doctor before starting breathwork. Medical conditions may include, but are not limited to, high blood pressure, depression, kidney disease, heart disease, chronic panic attacks, and asthma.

WHAT ARE THE MAIN CONTRAINDICATIONS OF BREATHWORK?

Breathwork can result in physiological changes in the body and/or intense physical and emotional release. As a precaution, the following conditions are contraindicated in certain breathwork practices. It is crucial that you inform your breathwork practitioner if any of the following conditions are relevant to you:

- » Pregnancy
- » Detached Retina
- » Glaucoma
- » High Blood Pressure (not controlled with medication)
- » Cardiovascular disease including angina, previous heart attack or stroke.
- » Diagnosis of aneurysm in the brain or abdomen
- » Uncontrolled thyroid conditions and diabetes
- » Asthma – if the client is asthmatic, ask them to bring their inhaler to the session.
- » Epilepsy
- » Prior diagnosis of bipolar disorder, schizophrenia or previous psychiatric condition.
- » Hospitalisation for any psychiatric condition or emotional crisis within the last 10 years.
- » Any other medical, psychiatric or physical conditions which would impair or affect ability to engage in any activities that involve intense physical and/or emotional release.

Is breathwork safe for children?

Breathwork is safe for children; however, being in an altered state of consciousness with intense emotionality might be jarring on their system. This decision is ultimately up to the caregiver or parent.

How often should I do breathwork?

It's important to listen to your body when you are checking in with this question. Breathwork is completely safe to do every single day, or twice a day. However, you want to first ask yourself, "What is my intention for my practice?" Ask yourself the why behind wanting to complete the practice. There are absolutely no downsides for increasing the duration of your sessions or the number of sessions completed on a weekly basis.

I'd like to be supported during my breathwork sessions, can someone help?

Yes of course. We have a team of certified Pause Breathwork Facilitators who have all been trained by Samantha Skelly. These facilitators would love to support you on your breathwork journey. Please reach out to our team at support@pausebreathwork.com and we will pair you with a facilitator.

Where can I go if I want to become an official Pause Breathwork Facilitator?

It's so exciting that you're interested in joining our mission to bring the power of breath to the world. You can apply at www.pausebreathwork.com/facilitator. We run our training twice per year in San Diego, California.

HOW TO PREPARE FOR A SESSION

1- Make sure you've properly read through the Pause Breathwork FAQs and contraindications.

If you have any questions, please feel free to email our team at support@pausebreathwork.com.

2 -Reserve a private and quiet space, where you will not be interrupted.

Breathwork is a form of meditation, so having an environment that is quiet and sacred is important. You may use your bedroom, office, anywhere you can reserve just for your quiet time. Also, make sure you can lay down for the session and have a blanket nearby or available for you for comfort.

3- Do not eat 2 hours before the session.

Due to the physical nature of breathwork, we advise to not consume any meals within 2 hours of the session. You may have a light snack or water, but do your best to curb consumption so you can have a comfortable session.

4- Have a journal, pen, and water nearby.

After your session, having a journal, pen, and water allows you to hydrate and write out any thoughts or reflections of your experience. We recommend journaling right after your session so your mind is fresh and you can document your experience or any ""ah-ha's" that arose.

5- Be open.

There is no "one size fits all" mold for breathwork. Your body is going to release exactly what it needs, in the moment, and the most important thing you can do is to honor what your body needs. Stay in your space and focus on your own experience without thinking it should be a certain way. The times where we surrender and allow ourselves to be open are when we receive the most beautiful messages .

The logo for Pause Breathwork is centered at the bottom of the page. It consists of the word "pause" in a lowercase, white, sans-serif font, with the "B" in "Breathwork" being significantly larger than the other letters. Below "pause" is the word "BREATHWORK" in a smaller, uppercase, white, sans-serif font. The entire logo is set against a solid orange rectangular background.

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BREATHWORK