

Breathwork
Post care tips



BREATHWORK

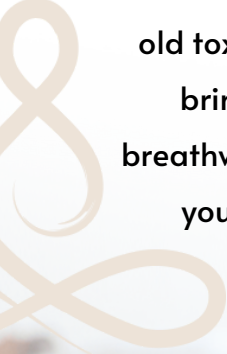
Integration guide

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Breathe
with Aravind

Breathwork experience in the group session



Breathwork is a powerful tool that can help us release old toxins, emotional blockages, and trauma while bringing in new energy to our system. After a breathwork session, you may notice some changes to your physical, emotional, and spiritual body.



Physical changes after breathwork

Breathwork can bring about physical changes in the body, such as releasing old toxins and emotional blockages, resulting in a sense of lightness and relief. It is also common to experience tiredness or a sense of calmness after a session.



1. Relief & lightness

You may experience a sense of relief and lightness in your mind, body, and spirit. It may feel like you have released a weight or burden that you have been carrying.

2. Tiredness

You may feel physically tired after a session, which is similar to the feeling of doing a detox.

This is common, especially after a big energy release during the session



3. Pain relief

If you had physical pain before the session, you may notice that it feels different or has moved.

Emotional and spiritual changes

By releasing emotional blockages and trauma, you may experience a sense of peace, relief, and new perspectives.



1. Calmness

Releasing shock or energy from a fight, flight, or freeze response can often leave you feeling very relaxed.

Enjoy the new experience and remember to do your functional breathing and long slow exhales to maintain this lovely state!

2. Peace and new perspectives

Breathwork often offers beautiful feelings of peace, different perspectives, and a sense of increased calmness and contented balance.

Anxiety is reduced, and there can be an accompanying feeling of freedom from tension.



3. New emotions and memories

You may notice new and previously unknown thoughts, feelings, and emotions rising to the surface.

Notice what they are, and practice acceptance. They may bring new insights, clarity, or perspectives.

4. Continued sensitivity

It is possible for a few days after the release process, your body may still continue to release. You may find yourself a little sensitive or teary.

Take care of yourself, be gentle, create time alone, or seek support if needed.



Suggestions for After Your Session

After your breathwork session, it's important to take time for yourself to integrate and process the experience.

- [] Hydrate - Drink lots of water to hydrate and flush any moving toxins.
- [] Connect with Nature - Going for a walk, swimming, yin yoga practice, or being with nature in some way can be nurturing.
- [] Take a shower - Take a warm shower that cleanse toxins from the skin.
- [] Nourish - It's a good idea to eat some nourishing soul food after a session. Avoid drinking alcohol directly after a session, as your body is still detoxing.
- [] Journal - Writing in a journal can bring more awareness and deepen your process.
- [] Seek Support - Reach out to friends and loved ones if you feel that will help your process. Remember that your energies may still be open, so go gently and trust your intuition.
- [] Rest - Get to bed early! Rest allows the body to restore and rejuvenate.
- [] Switch Gears - Since the sessions can sometimes be a little intense, it is nice to switch gears and watch a comedy or do something light-hearted!



Stay connected and get further support!

If you need help after a breathwork session, feel free to contact me directly at +66 969080609 / +91 9710391700(WhatsApp Only). For deeper support, schedule a private session at <https://breathewitharavind.com/private-tetra-breathwork/>

Follow me Facebook and Instagram (@breathewitharavind) and tell your loved ones about our practice. Sign up in the website for newsletters and upcoming events.