The 50 minute Breathwork part of our session.

You will be breathing continually for up to 50 minutes with no pauses doing constant, slow, deep breaths and exhalations with no pauses. You will begin breathing into your belly, ribs, and especially filling the upper chest. You will lie on your back, legs straight, with your arms by your side, palms up. (unless this is physically challenging) You will inhale with a non-voiced "ah" and exhale with a non-voiced "ha". You will be directed in refining the breathing.

With most people nothing happens for 10-15 minutes. Some people take longer but usually not longer than 30 minutes. Do not think about the time or how long it's been. The main thing is to not think and get out of your head. Don't think about the process, don't judge it, just do it and trust that something will happen. There is no doing it “wrong" as long as you continue to breathe.

What can happen? You may discover issues that are previously unknown , or more important issues than you realized. Regrets may appear. All manner of emotions might occur. Sadness. Perhaps grieving that was never allowed to express itself. Anger. You may experience a happiness that can grow into joy. You should never censor the emotions or think about them, just breathe into them and **feel your feelings** and what parts of your body are affected. This way you can go deeper into what is coming up, which as written above are often issues previously unrealized or forgotten.