

Benefits Of Breathwork

Breathwork offers benefits for the health and well-being of the body and the mind.

The benefits of breathwork are often noticed quickly, taking slower, deeper or more regulated breaths can help a person to feel relaxed, calm and clear minded.

Here are some of the key benefits of breathwork:

Calms the nervous system - this is one of the first benefits a breathwork student may notice, this will be especially profound if the student has been experiencing stress, worry or anxiety. Regulated breathing sends a signal to the brain that we are safe, from here the PNS is triggered and we go into a relaxed state, this comes with feelings of peacefulness, calmness and clarity of mind. PNS activation will allow our stress hormones to settle, bringing our hormones into more balance, it allows our digestive system to fire up, relieving digestive issues and delivering nutrition to our bodies, it can help to lower blood pressure and over time, regular PNS activation can assist with conditions such as anxiety, depression and other mental health conditions

Relieves brain fog - breathwork can often leave a person feeling as though they are thinking clearer, this is not only because the nervous system has switched to PNS which activates areas of the brain that will allow for clearer thinking, it is also because of the increased oxygen supply to the brain. Stressful or worrying thoughts create short and shallow patterns of breathing which will lower the oxygen delivery to the brain, as we slow down and deepen our breath we can give our brain a larger supply of oxygen rich blood.

An increased anti-inflammatory response - this is due to the PNS activation.

Increased immunity - another wonderful benefit of breathwork is the body's ability to increase immunity. When the body is in an SNS state or an anxiety state, the immune system actually takes a back seat, this is because the immune system is not required to fight off an immediate threat, the systems of the body that are activated when the SNS system is in charge are all geared towards fighting off an immediate threat, when we use breath work to switch off the SNS and switch on the PNS we allow our immune system to operate well again.

Increased lung capacity - for improved physical performance and increase oxygen delivery

Increased longevity - slower more regulated breathing has been shown to have a positive effect on stem cells.

More efficient use of prana - prana in yogic philosophy is life force energy, its main mode of transport into the body is through the air that we breathe, yogis believe that deep or regulated breathing will increase prana and will make the body's use of prana more efficient.

Connects the three bodies - in yogic philosophy, it is said that we have three bodies, a physical body, this is the body that we can see and touch, an astral body, this is our energetic body and the spiritual or wisdom body, this is the body that is outside of space and time.