*Transformational Breathwork*

**(Aftercare Instructions)**

**Breathwork is a transformational process that helps you clear stagnant energy from your body.** Your Body-Mind-Spirit are deeply interconnected, so you may notice some after effects from your experience.

Most people are not used to taking full, deep belly breaths for an extended period of time. As a result, some people report feeling dizzy (this is your body adjusting to a fuller breath) or having body aches or other physical symptoms during and after the session. *You may or may not experience this*. If you do, it is perfectly normal - as your body just released years of stored tension. Plan to give yourself extra self-care, love, and rest for the couple of days following your breathwork experience. *Most clients report back 48 hours later feeling just fine.\**

*Aftercare Tips:*

* **Be gentle & compassionate with yourself –** emotions may come up today and in the days/weeks following that you may not expect. There’s nothing wrong – you’ve just opened the door and invited more of your inner consciousness to be released. Know that you are safe.
* **Lighten your schedule for the next few days –** Don’t underestimate the experience you’ve just had, and the possibility of being extra sensitive to triggers.
* **Journal, create expressive artwork, dream, attend to your inner life –** The door is open so take the opportunity to explore.
* **Drink lots of water and herbal tea –** feed yourself highly nutritious foods, and create a supportive evening/bedtime ritual.
* **Follow through on the Loving Actions –** we discussed at the end of your breathwork session.
* **Schedule additional breathwork sessions –** if you’d like to go deeper into this particular intention, or for guidance with any additional issues or decisions needing to be made.

*Additional Suggestions:*

* Withhold from using drugs or alcohol for the nexts few days.
* Ask for support if you need it – check-in with a trusted friend, coach, or therapist
* Meditate daily – even 10-minutes can enhance the connection with your Inner Guidance System
* Spend time in Nature, in supportive groups, with your animal companion(s)
* Use movement to free the blocked energy you released – dance, yoga, walk

*\*\*(In the rare case that your physical symptoms last longer than 48-hours,*

*please seek medical attention at your discretion.)\*\**