



MICHAEL HEBBEN

N A T U R E C O A C H I N G

General breathwork session

Preparation:

- Before the session we will create a safe and supportive environment.
- I will provide information about the practice, what to expect during the session and what is expected of you. They will invite you to ask questions.
- Together we will look for a consent to work with you each other.
- You are free to leave a session during preparation if you do not feel it is right for you.
- Whenever you want there is room and time for questions

Activation:

- The session begins once you connect your breath and continues for as long as this connected breathing pattern is sustained.
- Consciously connecting the breath creates an altered state of consciousness and this may happen very quickly.
- Whatever happens for you during the session is what is required, your only responsibility is to keep breathing and honour yourself.
- Once you connect your breath, your safety and the safety of the rest of the group is the responsibility of the session leader until the whole group has completed their process.
- It is your choice to stop the breathing practice at any time, however it is recommended that you remain in the space and do not leave a session once the breathing practice begins.



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Release:

- Throughout the session, physical sensations, emotions, thoughts and spiritual experiences may arise. The practice of conscious connected breathing is to breathe through these experiences and to be present with them with compassion. Whatever happens, keep breathing!
- Sometimes a profound shift will happen and it may feel necessary for you to release through tears, laughter or movement. Release can create a feeling of catharsis.
- Depending on the technique, the release is processed in different ways.
- At the michaelhebben we honour ourselves and those around us with trust that whatever is expressed is necessary and relevant and we continue to breathe in our own process.
- Only you can know what is happening inside your experience. However, in some situations, I may guide you to breathe or tone. This is not to interrupt your expression, rather an invitation to return to the breath as the healing tool to move through what you are experiencing.

Integration:

- Towards the end of the session you may notice the music changing as I transition the group into a period of relaxation. This time is sacred, allowing deep awareness and insights to unfold for you
- Integration is a process through which we understand the total meaning and value of everything that has happened and it is an important part of the conscious connected breathwork practice. It often continues for hours or days after a session.

After the Session:

- It is important to drink plenty of water to re-hydrate and allow any toxins cleared through the breath to be released. You may feel tired or energised, emotional or joyful. Whatever happens, be gentle with yourself and listen to your body.
- At many conferences and training events there are several opportunities for breathing practice every day. It is important to notice and honour the time that you may need between sessions to process and integrate.
- If something is triggered and you would like support, you can approach me at any time. Often it is helpful to breathe again and sometimes it is not. I invite you to journal, walk, talk and ask for support if you need it



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NATURE COACHING
