



Breakthrough Breathwork
MEDITATION

5 Tips for Daily Transformation

1. Take deep breaths whenever you feel afraid or stressed. If you know Breakthrough Breathwork Meditation, you can do the connected breathing for 5 minutes any time during the day or night. This will help you feel more relaxed and centered.
2. Whenever you feel overwhelmed, angry, fearful, or your mind is racing, take out a small towel and scream into it from your gut. Even a few screams can make all the difference!
3. It is beneficial to go to sleep in a connected state of consciousness. You can do Breakthrough Breathwork Meditation for 5 minutes while asking for help from Spirit during the night.
4. When you wake up, take time to sit quietly or meditate, even if it's only a few minutes. You can write down any thoughts that come to you to clear your mind. This will set the tone for the whole day.
5. Whenever you feel stuck, depressed, or frustrated, you can put on some dance music, move and let go to the music while asking for more light and love. This is a very effective tool to change your energy quickly.

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Your Breath Can Heal You!