



Breakthrough Breathwork
MEDITATION

5 Tips for Transformation

- *Take deep breaths whenever you feel afraid or stressed. If you know Breakthrough Breathwork Meditation, you can do the connected breathing for 5 minutes at any time during the day or night. This will help you feel more relaxed and centered.*
- *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.*
- *To help you fall asleep, take a few minutes to do some breathwork. This can help quiet your mind and ease you into sleep.*
- *When you wake up, take time to sit quietly, do some breathing 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.*
- *Whenever you feel stuck, depressed, or frustrated, you can put on some dance music, move and let go to the music.. This is a very effective tool to change your energy quickly.*