Breathwork

Overview

<https://youtu.be/f6yAY1oZUOA>

Breathing For Healing

<https://youtu.be/4Lb5L-VEm34>

<https://youtu.be/bczm0RsIZUM>

<https://youtu.be/aIfwbEvXtwo>

The above are Ted Talks

<https://youtu.be/BKsw1abYwdg>

Breathing For Sleep

<https://youtu.be/j-1n3KJR1I8>

<https://youtu.be/MM5WG66bMS8>

<https://youtu.be/1G2he0jYOl0>

<https://youtu.be/p3WuOgM9d68>

<https://youtu.be/gJH-E0IjNII>

<https://youtu.be/bvteZtPrE90>

Breathing For Energy

<https://youtu.be/CKLXC7Kgn6I>

Breathing For Trauma

<https://youtu.be/OWWOdsnBIak>

Consider Holotropic Breathing, a whole process of letting go of your body armor, your stuck energy and releasing it. Integrate the new insights from the non ordinary consciousness. Consider doing this with a professional to help you with the intense emotions that are likely to arise. Basic idea is that instead of numbing your anxiety, why not use the wisdom of the anxiety, the trigger -to identify the root cause and then pull it out by the roots. You can repeatedly reexperience the problem/trauma or you can do it strategically a couple times and process, then integrate.

<https://youtu.be/Cr81Lnu8PmU>

Ahh Breathing- Helps With Manifesting

<https://youtu.be/3g2ShJ21k9E>

Pranayama Breathing

<https://youtu.be/18DQlzN3q9M>

<https://youtu.be/PmwnMUygaNg>

<https://youtu.be/l11qFpRqhIQ>

<https://youtu.be/QGN8I7Ydvwo>

<https://youtu.be/nSZ6cSYhrUo>

<https://youtu.be/395ZloN4Rr8>

<https://youtu.be/JoDKbXEUrvQ>

Tummo

<https://youtu.be/1LWi8oTZ8ew>

Fire Breathing

<https://youtu.be/4sCcif69xUw>

Breathing For Anxiety

<https://youtu.be/b0VKVlRI23I>

<https://youtu.be/pP2AxcD7gS0>

Breathing For Depression

<https://youtu.be/mJ81lHqYC1M>

Circular Breathing

<https://youtu.be/qcyY0tsGm6A>

<https://youtu.be/J-LMiZHWdbU>

Tantra and Orgasmic Breathing

<https://youtu.be/tO0mKTCnzeo>

<https://youtu.be/300e3EtKMxw>

<https://youtu.be/VCwYTjqjDTc>

<https://youtu.be/Wz7D625yZoY>

<https://youtu.be/4jGtjsSFGvk>

<https://youtu.be/ATqTiNyw1Bo>

<https://youtu.be/lxnOFL1tE-o>

Pelvic Floor Work (related to tantric work more than breathing)

<https://youtu.be/utCsrulCHpc>

<https://youtu.be/66E81I8-pFQ>

<https://youtu.be/sOQybifdoxs>

<https://youtu.be/xs9TdKuBocU>

Apnea Exercises- Sleep in the same bed again and don’t worry about snoring

<https://youtu.be/2nq8YjWIIUI>

<https://youtu.be/aSdc1pKnqDY>

<https://youtu.be/TH-vUvYJ5y4>