

Teaching the World, One Breath Brake at a Time.



What is a Breath Brake?

The **Breath Brake**® is an interventional breathing technique based upon tai chi principles. It combines movement with each breath to put the brakes on stress chemicals secreted by the adrenal gland. It is the most central technique taught to our Heroes Circle community as a way to help them manage their response to pain, anxiety and stress.

The Benefits of Somatic Breathing

Every time we have tension somewhere in the body, the stress response creates a muscular tightness. Using the Breath Brake to relax your muscles reverses the stress (sympathetic response), resulting in relaxation (parasympathetic response), which will shut off the adrenal glands production of glucocorticoids (stress chemicals).

Benefits of power breathing and our unique Breath Brake technique include:

- * Lowered blood pressure and heart rate
- * Reduced lactic acid build up in muscle tissue
- * Balanced levels of O₂ and CO₂ in the blood
- * Improved immune system function
- * Increased physical energy
- * Enhanced feeling of calm and wellbeing



How to Perform a Breath Brake

- 1 Set your feet shoulders width apart. Start off by rubbing your hands together, feeling the warm energy we create – our “chi.”



- 4 Turn your hands to face downward, pushing your palms slowly to the ground over a final three seconds, “blowing out the darkness” – those things that make us feel pain, discomfort, anger, sadness and fear.



- 2 Relax your shoulders and let your chin drop to your chest, laying your hands at your waist, palms up. Begin to think about your “light,” all the things that make you feel happy, strong, safe and loved.



- 5 At the very bottom, when you think you have no more air, push out the last bit of your breath while placing your hands as far down as they will go. Then, start the process again, for as many times as needed, to feel the light inhabit your body. Continue the thought process of breathing in the good things in your life and breathing out the bad things in your life.



- 3 “Breathe in the light” for three seconds as you raise your hands up – through your belly, chest, and neck – and the breath follows and fills those spaces. At the top, take one last breath in to fill your lungs and hold onto those happy thoughts for another three seconds.

