

## **FREQUENTLY ASKED QUESTIONS**

### WHAT IS BREATHWORK?

Breathwork is an active, engaging form of meditation utilizing our own breath in certain patterns to change the state of our nervous system - calming down, energizing, focusing, clarifying, clearing stuck energy/ stress/anxiety/trauma from the body and more.

It helps heal the nervous system - improving sleep, digestion, our connection to self and others.

### IS BREATHWORK RIGHT FOR ME?

Yes! We are all breathing all the time - the only question is if we are breathing in a healthful, supportive way or if we are creating chronic low level panic through disregulated patterns. Jon guides many different levels and styles appropriate for everyone.

### CAN BREATHWORK HELP MY ART, EXPRESSION AND CREATIVITY?

Absolutely! Breathwork helps to clear and open channels of energy by releasing emotional resistance and bodily tension, freeing us up to new levels of self expression, creativity and authenticity.

### IS BREATHWORK SAFE FOR ME?

Yes - Most breathwork is absolutely safe for everyone. More intensive breathwork can have certain contraindications (pregnant, serious cardiac

history, epilepsy, recent surgery.) Please reach out any time with specific questions.

1 on 1 sessions are always tailored to you directly as an individual and group sessions are never pushed - the work is always in service and support of YOU and your specific needs and interest.

In terms of emotional safety - my work is trauma informed and based in the roots of Dr. Peter Levine's Somatic Experiencing.

### WHY IS BREATHWORK BECOMING SO POPULAR?

Because it is so simple and so effective. Breathwork is in fact one of the most ancient mindfulness practices - Energy clearing breathwork sessions are an ancient shamanic practice of indigenous cultures the world over. Yoga breathing/Pranayama ("life force regulation" in sanskrit) is the original yoga practice ("union of mind, body, spirit") and predates yoga as we know it (asana/stretching poses) by many hundreds of years. Breathwork is simple, effective, accessible, immensely profound and powerful for health and wellbeing - whether practiced gently, intensively or anything in between.

### MORE QUESTIONS?

Book a [Free Discovery Call](#) or [reach out any time!](#)

Jon Orsini  
Certified Somatic Breathwork Guide  
Kripalu Center Faculty  
[jonorsini.com](http://jonorsini.com)