



Awakening Breathwork Ceremony Checklist

The opening should take no longer than 30mins. Add in some of your own flavour as well eg: Maybe a gratitude prayer or smudge people (Cedar/sage). Maybe getting the group to connect somehow first (depending on numbers).

1. **Waiver/Disclaimer**

Get them to sign a disclaimer form before hand if required. Especially if filming, but also in case of health reasons.

2. **Age restriction**

For Children over 12 years only and must be accompanied by a parent until the age of 16.

3. **IHT is contraindicated** in the case of:

- acute somatic and viral diseases
- chronic obstructive pulmonary disease (COPD-II and COPD-III)
- chronic diseases with symptoms of decompensation or terminal illness
- individual intolerance of oxygen insufficiency
- cancer, unless IHT is prescribed by a doctor
- people with epilepsy, pacemakers or heart arrhythmias, unless treatment (including IHT) is under direct medical supervision.

4. **Health check**

Shouldn't really participate if high blood pressure, epilepsy, heart conditions, pregnant, etc.

5. **Safety**

Position body so you are safe (in case they might fall backwards or forwards) and don't do while driving, or when in water etc.

6. **Connect group**

Questions like - What do you want out of the session today? Ask a question that will give a quick response.

7. **SOMA and the Legend of Soma**

Maybe share some of your own journey too

8. **Soma Breath benefits**

Therapy - various breathing techniques to aid in reducing inflammation, stress, anxiety, depression, autoimmune, release trauma

Peak performance - Improved focus, energy, memory, work-out recovery of muscles, confidence

Manifestation - a process to bring what you truly want into your life

9. **What people have experienced**

During - Trauma release, visuals, body vibrations and tingling, tetany, fainting, body orgasms

After - light headed, blissful, increased clarity

10. **AUM** - explanation (Vagal nerve stimulation) and practise

11. **Breath test** - one hand on chest other on stomach

12. **Feeling test** - close eyes and bring in feeling of love, joy or gratitude

13. **Activating your inner pharmacy**

Show with pulse oximeter how we can affect our pulse by raising it with energy breath and lowering it with rest/relax breath. Stimulating the sympathetic and parasympathetic system.

14. **Run through breath process**

Sensory intention creation, rhythmic breathing (Heart coherence), breath retentions (Intermittent hypoxia), mula bandha and then do a practise run. This can also be an opportunity, if time, to show SPO2 levels dropping (pulse oximeter) using out-breath retention.

15. **Shaking or movement (optional) 5-10 mins**

Get the blood moving again after sitting through the first part.

