

Just Breathe



Do you sometimes feel tired, stressed, anxious?

Do you find it hard to let go of past hurts?

Would you like to feel more energetic, change negative thought patterns?

If yes, then here is something that might help. And it's right under your nose.

All you have to do is open your mouth, breathe and let the transformation begin.

Transformational Breath® is a safe, self-empowering healing process which uses conscious connected breathing to enhance all aspects of your life. The basic technique is ancient. Eastern cultures have used breath control for centuries as a way of improving health and easing worry or stress.

The modern approach was developed by Californian doctor Judith Kravitz, and is documented in her book *Breathe Deep, Laugh Loudly*. Followers say it increases energy, improves fitness, helps sleep problems, and leads to improved mental, emotional and spiritual outlooks.

Most of us only use about 30% of our lung capacity. Transformational Breath® gives you the tools to increase that capacity, to literally breathe more life into your body. Only a few sessions are needed to learn the basic techniques. After that you can practice alone, anytime, anywhere. And breathing is free. The government hasn't figured a way of taxing this mighty resource yet!!

But does it work?

I was invited to participate in an Introductory Workshop in the beautiful surroundings of Slí na Bandé, an eco-friendly yoga centre, tucked up a narrow laneway, just outside Newtownmountkennedy. It is evening when I arrive, just as the sun is going down and when I step out of the car the first thing I am struck by is the birdsong. In this oasis of calm, the birds voice a riotous welcome.

The workshop is held in a beautiful pinewood yoga chalet, furnished with gorgeous cushions and blankets of every colour and hue. I have been invited by Claire Haugh and Michael Blake, the facilitators, and their Senior Trainer, Indalecia Rohita Ziritt, all of whom trained with the founder, Judith Kravitz.

There are the usual introductions, nothing too cringy, and an explanation of how the process works. A series of warm-up exercises have us all laughing, and unbeknownst to us, breathing more deeply.

Transformational Breath® is all about breathing with the diaphragm, and Claire and Michael ease us into the session, with clear directions and demonstrations. With my mouth open I am encouraged to breathe deeply into the abdomen, as if inflating a balloon and to let go in a relaxed, unforced exhale. This cycle is repeated over and over again without pause, so I'm effectively breathing in one continuous loop or circle.

At first I feel some resistance to keeping my mouth open but I soon get into a regular cycle. I don't know if it's the increased oxygen or the hypnotic beat of the music but within seconds I am transported. I feel like I have been plugged in, literally recharging. A strange, though pleasant, sensation of vibrating takes hold, and all I'm doing is breathing!

Claire and Michael are at hand, ready to support us no matter what happens. Some people in the group find an emotional release and there are tears. But it's all contained in a safe, healing environment, in the capable, yet gentle hands of the facilitators.

Afterwards there are refreshments and hushed conversations. Everyone is struck by the simplicity of it. And the effectiveness. We literally feel transformed. Driving home I notice how my outlook is so much more positive, my head clear and heart open.

Definitely an experience worth repeating.

Claire Haugh & Michael Blake are Facilitators of Transformational Breath® and offer Individual Breath Sessions and Introductory Workshops. They organise Personal Journey Trainings with invited Senior Trainer, Indalecia Rohita Ziritt from Italy for those who wish to deepen the journey to discover the power of their breath – All are welcome, no previous experience necessary.

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