

## Disclaimer

### BREATHWORK

#### Self-Healing@Chesterfield

Breathing co-ordinates many bodily functions, including the rhythm of the heart.

<https://www.youtube.com/watch?v=wFYSCqz5OtU>

#### Yoga

1. List of some of the methods with demonstrations can be found here;  
<https://yogawithsubhash.com/pranayama/>
2. [Ujjayi](#) (relaxing and toning breath)  
Victorious or Oceanic Breath; this form of belly breathing is relaxing as in the [312 Meridian Exercises](#). However, it keeps you alert.  
[Dr Pathak](#) has a more vigorous version as part of his protocol to avoid heart surgery.
3. [Bhastrika and Kapalbhati](#) (energising breaths).
  - [Dr Satish Pathak](#) (heart surgeon) claims that you can avoid asthma and high blood pressure etc. by practising his (of many) version of Kapalbhati and Ujjayi). His Kapalbhati uses only a half breath – not a full belly breath.
4. [Brahmari](#) (Indian black bee humming to still the mind and improve memory)  
[Bhramari Pranayama {Bee Breath}-Steps And Benefits - Sarvyoga](#)

Sequence of practice of some methods

[Pranayama for Beginners | Ujjayi, Sitali & Bhramari Pranayamas | Cooling Breath Exercises | Shvasa](#)

5. [Nadi Shodhana](#) - Alternate Nostril Breathing
6. Diaphragmatic Breathing for Advanced Yoga Meditation  
[https://www.youtube.com/watch?v=cc\\_fQMdKJqU&t=316s](https://www.youtube.com/watch?v=cc_fQMdKJqU&t=316s)
7. [Pranayama – Breath Holds and Locks](#)
8. Pranayama for [altitude sickness](#) (which may help increase oxygen supply)
9. Breath holds and locks - Bandhas  
<https://www.arhantayoga.org/blog/the-four-bandhas/>  
This method is used in Pranic Healing where the Prana (Chi) which is drawn with the breath is distributed to parts of the body and to others, even remotely. This form of healing is also used in Qigong, Reiki and by other cultures.  
WARNING: see contraindications  
In the West, it is now widely practised as Box or Square breathing, which involve breath holds without the locks.

## Qigong

10. Belly breathing as in the [312 Method](#) – relaxing
11. Breathing to cleanse – similar to Bhastrika  
[RELEASE TENSIONS, STRESS, ANXIETY of Body and Mind | DO THIS Qigong CLEANSING BREATH Daily #shorts](#)
12. Anthony Wee – [Box Breathing](#)

In Qigong, the emphasis is on the flow of the chi with the breath, which is then directed as needed to various parts of one's own body or to heal others as in energy healing.

## Feldenkrais

13. [How To Do Belly-Back Breathing | Feldenkrais Method](#)  
In Qigong too, the instruction is to breathe down the spine (i.e. back) into the acupoint, called Ming Men, on level with the lower Dantien. They say the chi descends to Ming Men before moving to the Dantien where it is stored.
14. Feldenkrais Method: See-Saw Breathing - Improve your "wave breath" for Wim Hof Method, PART ONE <https://www.youtube.com/watch?v=avNYrxegdUY&t=212s>

## Buteyko - [see my notes on COPD after my bronchitis](#)

15. Research on breathing in Ukraine by Konstantin Buteyko to help people with various breathing problems. Many with asthma, COPD, severe hypertension, panic attacks, stress and anxiety report that they have been helped by less, and not more, breathing.
  - The Breathing Technique That Saved My Life  
<https://www.youtube.com/watch?v=B5y4KPgd5so>  
Buteyko Breathing Assoc. <https://www.buteykobreathing.org/>
16. Videos - Buteyko Breathing Association  
<https://www.buteykobreathing.org/videos/>
17. [https://www.youtube.com/watch?v=ALqgZwkY\\_hl&t=7s](https://www.youtube.com/watch?v=ALqgZwkY_hl&t=7s)  
Testing your breathing pattern.

## Wim Hof

18. You are stronger than you think you are: <https://www.wimhofmethod.com/>
19. <https://www.youtube.com/watch?v=tybOi4hjZFO&t=20s>

## Research

20. Coherent Breathing by [HeartMath](#)  
<https://spiritualmeaningsguide.com/heart-centered-breathwork-techniques-to-enhance-vitality/>
21. 2022: Dr. Jack Feldman interviewed by Prof Andrew Huberman  
Feldman is a pioneer and an expert on respiration and its effect on the brain.  
*Breathing for Mental & Physical Health & Performance*  
<https://www.youtube.com/watch?v=GLgKkG44MGo>
22. 2017: The physiological effects of slow breathing in the healthy human - PMC  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC5709795>

