



Richie Bostock: Breathe In & Bliss Out



Richie Bostock, referred to by many as The Breath Guy, is one of the world's leading practitioners and a pioneer in the field of Breathwork. He discovered Breathwork when researching alternative therapies following his father's life-altering MS diagnosis. In this powerful Breathwork journey, lie back and relax as Richie guides you through a carefully crafted sequence of Breathwork flows accompanied by an immersive soundtrack that will leave you with a calm energy, a clear mind and an open heart.

TOP EMBODIMENT TIP: Feeling safe to be me and to express who I am.

Breathwork: Defining It

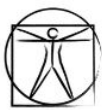
- Any way that you become aware of your breathing and then start to change it to create an emotional, mental or physical benefit. It creates an opportunity to see our lives in new and exciting ways.
- All different types of breath work including qi gong, pranayama, Wim Hof, etc.

Breathwork Exercise: Getting Started

- You can do the work seated or lying down. Lying down provides additional opportunity to completely let go.
- Bird breathing - archer with a bow and arrow metaphor.
 - Inhale through nose or mouth, 'pulling the string back', filling lungs to 80% or so.
 - Exhale, 'letting go of the string', letting the breath fall out of you. It might not feel like you're not breathing out that much, that's okay.

Resources

- ❖ **Books:** *Exhale*
- ❖ **Courses:** Flourish app
- ❖ **Website:** thebreathguy.com
- ❖ **Social:** [@thebreathguy](https://www.instagram.com/thebreathguy)



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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