



Allison Lindsay: Breathwork to Grow and Support Emotional Resilience.



Allison Lindsay is a breathworker, embodied coach and business psychologist. A graduate of the Embodied Facilitator course, she is also a co-host of The Embodiment Podcast. She now runs the School for Wellbeing, based in London but working internationally, where she works with individuals and organisations to build and sustain their emotional resilience.

TOP EMBODIMENT TIP: Make friends with your breath!

Introduction:

- For the entire session, there is always an invitation to participate. Breathwork can surface many emotions and experiences which may be emotional or triggering. Nothing is an order or instruction, all is optional.
- Deep belly breathing is what we want to be doing throughout the session.
- The breath is the only part of the autonomic nervous system under conscious control. It can therefore be used to help bring us away from our sympathetic nervous system into our parasympathetic system.
- Holding our breath is a response to not wanting to feel.
- How we breathe is a metaphor for how we live our life, e.g if we hold our breath, what are we holding onto? If we're finding it difficult to take a full breath in, where are we stopping ourselves from taking in all the goodness that life has on offer for us?

Slow Breathing Relaxation Technique:

- Start with your feet flat on the floor, supported in your chair, plus one hand on your belly.
- Inhale slowly for a count of 5, and exhale slowly for a count of 5. Repeat for a few minutes.
- This is very good to do when extremely stressed and the mind is racing as it gives the mind something to do.
- This technique is very useful for those suffering panic attacks. For this to be effective in a panic attack however, practice is key as otherwise during the panic attack when completely overwhelmed, it is not easy to remember to do the slow breathing. Create the neural pathway by practicing daily when calm .

Transformational Breathing:

- Transformational breath is not advised if you are feeling anxious, only do this if you are feeling well-resourced as it activates the sympathetic system to help release unfelt feelings. This is usually done with a qualified facilitator
- Belly breathing, open mouth. A long inhale with a short, soft, exhale, like a sigh
- There should be no gaps between the inhale and the exhale (circular breathing)
- If feelings or strong emotions arise, allow them and keep breathing. They will pass.
- Toning and integration are really important. See the demonstration for toning.
- It is advised to do this for 5-10mins a day. Allison recommends to do it in the morning but can be anytime

Resources

- ❖ **Website:** [School For Wellbeing](#)
- ❖ **Free Offering:** [School For Wellbeing TEC-Special Gifts](#)
- ❖ **Social:** Instagram: [@schoolforwellbeing](#) Facebook: [School For Wellbeing](#).



Allison Lindsay





All Meditation & Breathwork Presentations are Proudly Sponsored by

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

aww



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.

the
**embodied
present**
process