



### Steph Magenta: Integrative Breathwork



Steph Magenta is a breathwork facilitator and teacher, licensed bodywork therapist and qualified shamanic practitioner. Experience a conscious connected breathwork session, with an explanation about how this powerful practice can support health, healing and vitality in body, mind and spirit.

**TOP EMBODIMENT TIP:** Keep dropping back in into the body and the heart space, and be in the present moment.

#### Embodiment is about presence: **Breath Is Our Constant Companion**

- Embodiment is about the welcoming of all of our human experience; being with each moment without expectation.
- The breath has been our constant companion through every experience we've ever had. We are a living library of experiences, accompanied by breath.

#### The Practice of Integrative Breathwork:

- Conscious, connected breath work practice, which is an open mouth practice, uses controlled amounts of breath during which certain physical sensations often arise as a response to the rapidly changing oxygen and carbon dioxide levels in the body.
- We consciously hyperventilate, where there's no pause between the inhale and the exhale. It is a circular breath that requires a little bit of work and effort.
- Memories may come back and we want to meet them in a **safe space**. For those who are not safe and cannot access support, or who have certain health conditions, it is recommended to breathe in and out through the nose and to just enjoy the space and the opportunity to really drop into your body today, but don't go into the fully activated practices.
- It's important to **down-regulate and listen to your body**. We don't want to go into hyper arousal, or dissociate, or become re-traumatized. And breath work practices can do that. So it's **really important that you work with trained facilitators**.
- We can use these practices to really bring ourselves to that place of embracing every aspect of life and our felt sense within each experience.

#### Resources

- ❖ **Website:** <http://stephmagenta.com/>
- ❖ **Social:** [@integrativebreath](https://www.facebook.com/stephaniemagenta/) <https://www.facebook.com/stephaniemagenta/>
- ❖ **References:** Paul Chek, Patrick McEwan

## Steph Magenta





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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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