



Alakh Analda: Q+A on The Power of Body Sensations in Breathwork



Alakh Analda is a breathwork practitioner and Director of Training for Zentium International Breathwork. Alakh shares her dedication to Breathwork and the parasympathetic activation approach to a mindful self awareness style of Breathwork that leads to a path of self mastery. In this session, discover the connections between body sensations, pranayama and breathwork and the way in which this helps discovering and embodying your true self.

TOP EMBODIMENT TIP: “I'm ok as I am, I am light, I am free, don't have to struggle, I don't have to be anything but who I really am.”

Pranayama: Discover How Pranayama is Different Than Breathwork

- Pranayama is about directing the breath and changing the mind.
- Breathwork is more successful when we amplify the sensations.

Yoga and Meditation: Discover How Breath is Used in Different Practices

- **Yoga** is directing and asking the mind to go into the witness mode. Conscious breath holding is very important in yoga.
- **Meditation** leads to mastery of the mind. By identifying more with the witnessing consciousness, instead of the body sensation consciousness, you can come to a more neutral place for meditation. Conscious breathing is used in **Pranayama** to withdraw the senses.
- In **Breathwork** we're amplifying the courage to feel the sensations that are possibly from the past.
- **Connected and Conscious Breath** is key in bringing us into the moment, where there is no past.

Tetany and its physiological theory:

- **“tetany”**—convulsive tension triggered, in this case, by rapid, shallow breathing, a pressure added to the breath, changing the muscles and the carbon oxygen.
- **The antidote to the anxious breath is to invite our souls to lengthen the breath, extending it. The focus can then change and help unwind the system.**

Resources

- ❖ **Courses:** Self Awareness, Power of Breathwork, Breathwork and Conscious Relating, Chakra Consciousness, Levels of Breathwork Experience, Esoteric Mysteries, Metaphysics and Safety in Practice, Breathwork Mastery Distinction.
- ❖ **Website:** [Zentium International Breathwork](#)
- ❖ **Social:** [YouTube](#), [Facebook](#)

Alakh Analda



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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.

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