



**Niraj Naik: Soma Breath's Awakening Experience**



Join 'Renegade Pharmacist' Niraj Naik in an exploration of Soma Breathwork, the international school of breathwork that he founded. Niraj, an ex-pharmacist turned holistic health expert after a profound journey of self-healing and education, is now dedicated to teaching others holistic health, breathwork, meditation, and more.

**TOP EMBODIMENT TIP:** Do it every day; if you want to be good at anything in your life, do it every day.

**Soma Breathwork: A High-Intensity Training for your Soul and your Spirit, Creating Bliss from Within**

- Combined with brain wave music and guided meditation, awakens you to your full potential.
- You can tap into the autonomic nervous system: immune system, nervous system, hormonal production.
- Modulate and even reprogram your 'operating system'
- The physical body is the 'hard drive', programmed genetically and through years of conditioning.
- The goal is **liberation from undesirable patterns and programming.**

**Going Deep into Absolute Stillness: Breath Retention**

- We can slow our breathing down to help calm our nervous system and thoughts
- Oxygen and prana move into every cell, activating and illuminating your higher self
- Hold the out breath beyond your comfort zone, this creates a euphoric feeling
- Feel the **energy building at the base of your spine**, hold the breath as long as you can, then let go
- Take a deep breath, and hold it in, pull up the pelvic floor muscles as you breathe in
- Feel the energy and **send it up and up**, illuminating the midbrain, the seat of your superconsciousness
- When you can't hold it any longer, let it out with a tone--- **ooh...**

**Breath Meditation: Rhythmic Breathing is the Real Secret Sauce of Pranayama, and Harmonizes the Nervous System**

- In-breath: you stimulate the sympathetic nervous system; out-breath: the parasympathetic nervous system.
- Mouth breathing is a source of stress- aim for nose breathing.
- A perfect rhythm creates a phenomenon called **coherence- optimal blood flow between heart and brain.**
- Profound health and mood benefits.

**Bring the Body into the Breath, and the Breath into the Body: We are Developing a Foundation for Bliss**

- Sit comfortably, turn off all distractions, bring to mind a feeling of gratitude, acceptance
- Breathe in through the nose, out through the mouth, smooth connected breaths, no pause between
- Depth is not as important as the rhythm and the smoothness (this part charges you up, rhythmic breathing)
- Deep breath in, let it out, head drops forward, chin to chest, hold it (no air in lungs) as long as you can
- Deep breath in, hold it in for 30-60 seconds (long as you can); let it out with a tone- **--aah...**

❖ **Website:** [SOMA Breath - Energized Meditation](https://www.soma-breath.com)



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**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.

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