



Dr. Ela Manga: The "ART" and Science of Conscious Breathing



Dr. Ela Manga is an integrative medical doctor, author, speaker, facilitator and a leading voice in the field of mind-body medicine and wellness in Southern Africa and abroad. She conveys the science of breathwork in a way that inspires a new found fascination of your body and the role of breathing. Her ART framework allows you to easily apply a range of breath techniques in your life and work.

TOP EMBODIMENT TIP: Honor the body as an expression of consciousness and make space for the breath to flow.

ART Framework: Awareness, Regulation and Transformation

- Apply the range of breathing techniques through the 'A-R-T' framework.
- Use the Spiral Pathway to engage with breathwork: 1. Cultivate a relationship to your breath. 2. Free yourself from suboptimal breathing patterns. 3. Refine your practices and integrate them in everyday life. 4. Build resilience and tone your vagus nerve 5. Always come back to the basics

Breath awareness is the basis of all breath work

- Basis of any breath work practice is simply breath awareness.
- Breath awareness offers the opportunity to become aware of our thoughts, our feelings, our bodies.
- It can be as transformative as the more dynamic practices.

Learn to integrate breath practices in your everyday life

- Breathwork can be differentiated by the effect on our sympathetic and parasympathetic nervous system.
- Breath techniques with focus on the inhale tend to be more energizing, e.g. modern Wim Hof practices.
- Breath techniques with focus on the exhale tend to be more calming, e.g. inhaling 4 seconds, exhaling 8 seconds.
- There are also techniques which are balancing like alternate nostril breathing or coherent breathing.

Transformation - Breath is an entry point to build new neural pathways

- Transformational breathwork e.g. the traditional Rebirthing Breathwork and Holotropic Breathwork®

Resources

- ❖ **Books:** BREATHE: Strategizing Energy in the Age of Burnout; Burnout to Breathing; Through the Lens of Breath
- ❖ **Courses:** Breathwork Foundation Course, Workshops, Retreats, Keynotes, Consultations, Breathwork
- ❖ **Website:** www.drelamanga.com
- ❖ **Podcast:** www.drelamanga.com/podcasts
- ❖ **Social:** Twitter: [@Elamanga](https://twitter.com/Elamanga) Facebook: www.facebook.com/DrElaManga youtube: [Dr Ela Manga](https://www.youtube.com/DrElaManga)
- ❖ **References:** Breathing for Warriors by Dr. Belisa Vranich (For Diaphragmatic breathing technique); Breath: The New Science of a Lost Art by James Nestor (benefits of Breathing through the nose); The Oxygen Advantage by Patrick McKeown (chronic over-breathing pattern)



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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.

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