

Just Breathe

Mastering Breathwork

SESSION TWO

Breathing to Transform Your Body

Tuesday, March 17, 2026 • 7:00–8:30 PM • Zoom
Rev. Bryan Sawchuk • Unity of Fort Lauderdale

Unity of Fort Lauderdale

Sunday Services at Sunrise Middle School
1750 NE 14th St, Fort Lauderdale, FL 33304

Easter Sunday 4/5/2026 @ 10am
First Sunday Service

Free Parking



Glass Work

facilitated by

Victoria Englehart

Creative Connections Art Series @ Art Serve

Thursday April 30th, 10 A.M. – 12 P.M.

1350 E Sunrise Blvd, Fort Lauderdale, FL 33304

Welcome Back

Take a breath. You returned.

*"Breath is the bridge which connects life to consciousness,
which unites your body to your thoughts."
— Thich Nhất Hạnh*

From last week — what are you noticing?

- What did you notice about your breath this week — morning, midday, or evening?
- Was there a moment when a conscious breath actually shifted how you felt?
- What are you ready to explore or release tonight?

Prosperity Investment

*Your financial circumstances should never be a barrier to your spiritual growth.
Please do not let this prevent you from participating — you are welcome here.*

**\$60
suggested**

How to Contribute:

In Person: Bring your check on Sundays to Unity of Fort Lauderdale

Mail: Unity of Fort Lauderdale, 2598 East Sunrise Blvd, Suite 2104, Fort Lauderdale, FL 33304

Online: unityfortlauderdale.org/give → select "JUST BREATHE ~ 2026"

Tonight's Journey

- | | |
|------|--|
| 7:00 | Welcome Back, Intentions & Prosperity |
| 7:10 | Opening Breathwork Practice — just breathe |
| 7:20 | Homework Recap & Group Share |
| 7:30 | Ch. 1 Finish: Flow, Being & The Three Convergences |
| 7:50 | BREAK (5 minutes) |
| 7:55 | Ch. 2: Breathing to Transform Your Body |
| 8:15 | Breathe Now — Practice Together |
| 8:22 | Journal & Breakout Rooms |

Let's Just Breathe

Opening Practice — no instructions, no technique, just your breath

1 Close your eyes. Settle in.

2 Let your breath arrive naturally — don't control it.

3 Simply notice. What does your breath feel like right now?

4 Stay here for a few minutes.

The Heart of the Practice

Learning to flow — the essential rhythm of breathwork

*"Sometimes we breathe the breath — and sometimes we let the breath breathe us."
— Dan Brulé*

Active — "Doing"

- Consciously directing the breath with intention
- Using the breath as a tool — to energize, focus, or shift state
- "Take Charge!" — applying will and awareness

Passive — "Being"

- Surrendering — letting the breath arise on its own
- Witnessing rather than controlling — pure awareness
- "Let Go!" — pulling in the oars and letting the river carry you

The Three Convergences

Finishing Chapter One — the framework behind ALL breathwork methods

"All the benefits of breathwork depend on these three elements for optimum results." — Dan Brulé

1

**Consciousness
+ Breathing**

"Wake Up!"

2

**Consciousness
+ Relaxation**

"Let Go!"

3

**Conscious Breathing
+ Complete Relaxation**

"Take Charge!"

The Three Convergences — In Practice

Three keys — one integrated practice

1

Mindful Breathing — Breath Awareness

Most of the time we breathe unconsciously. When awareness jumps constantly, healing energies and creative forces are lost. Practice: learn to let the breath breathe you.

2

Consciousness + Relaxation — "Puddle Out"

Being wide awake AND totally relaxed at the same time is so rare that when it occurs, people describe it as a peak spiritual experience — bliss, peace that passes understanding. Practice: become aware of where you hold tension and release it.

3

Conscious Breathing + Complete Relaxation — The Key

Combining full, free breathing with complete relaxation and great awareness is the secret to peak, flow, and transcendent states. This is the door. An "energized calm." A "dynamic peace."

CHAPTER TWO

Breathing to Transform Your Body

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts."

— Thich Nhất Hạnh

If you need to control yourself — your mind, body, emotions, posture, behavior — start by getting control of your breathing.

Control, Focus & Breathing Together

Taking Control

- If you need to control your mind, body, emotions, or behavior — start with your breath
- If you need to focus on something — start by focusing on your breath
- Meeting life challenges: the breath is always the first and most accessible tool available
- Breath control = self-control — arousal management, emotional regulation, state mastery

Breathing Together

- Throughout history, close-knit groups preparing to change the world would form a circle — hold hands, pray, chant, dance, or breathe together in ritual
- Even a simple vow, prayer, or shout causes groups to synchronize their breath in that moment
- Could the closeness groups feel have something to do with sharing the same breath?
- Group meditation, singing, chanting, hymns — this is breathwork in community

Breath & the Autonomic Nervous System

How you breathe directly regulates every autonomic function in your body

"When we change our pattern of breathing, we change the interoceptive messages going from the respiratory system to the brain." — Dr. Richard Brown, Columbia University

Sympathetic System

Activates under stress — fight-or-flight. Raises heart rate, blood pressure, and cortisol. Shuts down digestion and recovery.

Parasympathetic System

Rest and restore. Activated by slow, deep, conscious breathing. Counteracts all fight-or-flight effects. The breath is the switch.

The Portal

Because breathing has such a strong impact on thoughts and feelings, it provides a portal to send messages through your own nervous system — to quiet the mind on demand.

The Takeaway

You can CONSCIOUSLY flip from stressed to calm — through breath alone. No medication, no willpower. Just awareness, relaxation, and breathing.

Heart Rate Variability & Heart Coherence

Measurable transformation in just 5 minutes — three times per day

6

breaths / minute
triggers heart coherence

5 min

duration per
session

3×

per day for
lasting benefit

- HRV (Heart Rate Variability) reflects your heart's adaptability — linked to longevity and reduced stress
- At 4.5–6 breaths per minute you trigger heart coherence — measurable improvements in anxiety, cardiovascular health, fatigue, depression, and obesity
- 5 minutes of paced breathing lowers cortisol and boosts oxytocin and serotonin
- **The catch: it only works when it becomes a daily ritual — like showering or brushing your teeth**

BREATHE NOW

Heart Rate Variability Practice — 5 minutes, 6 breaths per minute

- 1** Sit straight and strong — relaxed and at ease. Set a conscious intention as an affirmation. (e.g., "Every conscious breath makes me stronger, healthier, and more alive.")
- 2** Breathe IN for 5 seconds through your nose — send the breath low into your belly.
- 3** Breathe OUT for 5 seconds — through your nose, pursed lips, or making a gentle SHHH or hum. Be mindful of every sensation. This is a feeling process, not a thinking process.
- 4** Continue for 5 minutes. Do this as soon as you wake up, around midday, and at end of work day.

The Iceman — Wim Hof Method

20 Guinness World Records — climbed Everest in his underwear, ran marathons without food or water

Under laboratory conditions, Hof has been injected with endotoxins (flu-type bacteria) with no ill effects. His secret: breathwork, meditation, and gradual cold exposure.

- 1** Take a few long, slow, deep breaths. Focus. Relax and prepare.
- 2** Take 30–40 deep full breaths — let exhales out without force. Breathe in through nose, out through mouth (or in and out through mouth).
- 3** Take one more deep breath, let the exhale go, and HOLD your breath out. When the urge is strong and your diaphragm flutters — take a full inhale and hold for 10–15 seconds. Let it go. Relax.
- 4** Do 3 rounds of this, 2–3 times daily. Don't force it. Visit wimhofmethod.com to go deeper.

The Nose, The Mouth & The Yawn

Love the purpose of the Nose & Mouth

The Nose

- Produces more nitric oxide — antibacterial, antiviral, antifungal
- Helps fine-tune awareness and subtle energy sensing
- The nose is built for breathing — start here

The Mouth

- More flexible — like shoveling out the big heavy garbage before the fine cleaning
- Many people can't breathe through the mouth without triggering stress — this is worth healing
- Learn to breathe through the mouth with comfort, ease, and even pleasure

Yawning is Yoga!

Yawning is a vital breathing reflex — nature's way of connecting you to your energy. It integrates, processes, and shifts energy. Mary Oliver wrote: "Let the soft animal of your body love what it loves." That's a full-body yawn. Let it happen. Don't suppress it. Did you know: sociopaths are less likely to catch a yawn — the less empathy, the less contagion.

Everyday Breathing

Ordinary moments become extraordinary opportunities — page 63

"Sniff & Pooh" — Wake Up Breath

A Sufi technique for when you're groggy or tired:
2–4 short, quick, powerful inhales through the nose
then blow the breath out through pursed lips.

Sniff – sniff – sniff – POOH.

Repeat for 2 minutes. Let's try it now!

Breathing for Life Situations

- Morning: stretch into the inhale, sigh out 3 times — charge body, mind, and heart
- In the shower: tune into your breath as warm water washes over you — breathe open
- Traffic: loosen your grip, relax jaw and shoulders, use red lights as breath check-ins
- Headache/pain: breathe gently into the epicenter — it's a feeling process, not a thinking process

"By focusing on your breath at certain times and in certain situations, we can turn ordinary moments into priceless opportunities to cultivate greater health, peace, power, and presence." — Dan Brulé

Journal & Breakout

What Are You Noticing?

Journal Prompts

- Which of the Three Convergences feels most alive — or most challenging — for you right now?
- When have you experienced an "energized calm" — even without knowing what it was?
- What one breathing practice from tonight could you actually do every day this week?
- What does it mean for you personally that the breath can transform the body?

Breakout Rooms

In small groups, share:

- One word for how you arrived tonight — and how you feel now
- Which convergence or body-breath connection resonated most
- Something from tonight that surprised or moved you

*Listen fully. Hold space.
No fixing — only witnessing.*

Between Now & Next Tuesday

Your Homework: Practice the Three Convergences — Every Day

Morning

Before getting out of bed — 3 conscious breaths. Try the HRV practice: 5 minutes, 6 breaths/minute. Notice: where is your body relaxed? Where are you holding?

Midday

Pause once. Scan for tension (Convergence 2). Let your breath deepen naturally. Try the "Sniff & Poo" if you're foggy or stressed.

Evening

Journal a few lines: When did your breath shift today? What were you doing or feeling? What convergence showed up — and how?