

SESSION SIX

THE 21-DAY BREATH MASTERY CHALLENGE

Breathing Into Mastery: Your Path Forward

Rev. Bryan Sawchuk
Unity of Fort Lauderdale
Tuesday, April 21, 2026 • Chapter 6

Just Breathe ~ Mastering Breathwork • Unity of Fort Lauderdale



MONTHLY GATHERING · VIA ZOOM

Spiritual & Emotional Maturity

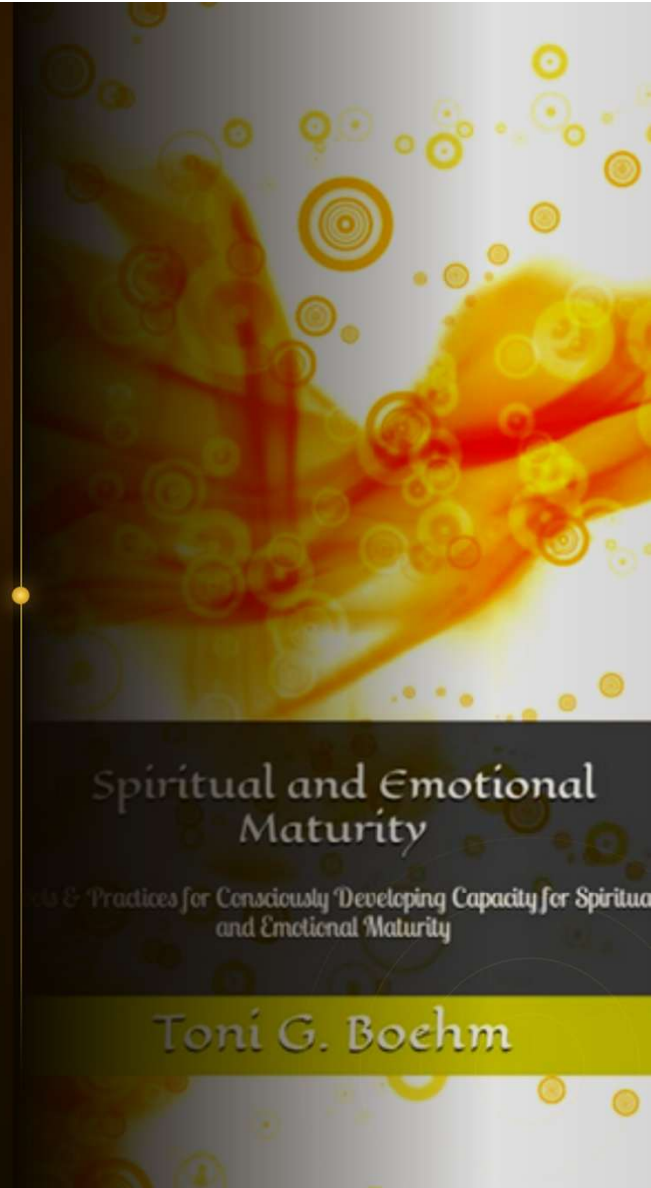
*There is a difference between waking up spiritually
and ripening in wisdom. Being awake is not enough —
maturity requires practice. Are you ready?*

Every Last Saturday · 9:00 – 10:30 AM
Beginning April 25, 2026

FACILITATED BY

Rev. Bryan Sawchuk

CO-SPIRITUAL LEADER
Unity of Fort Lauderdale



Spiritual and Emotional
Maturity

Ideas & Practices for Consciously Developing Capacity for Spiritual
and Emotional Maturity

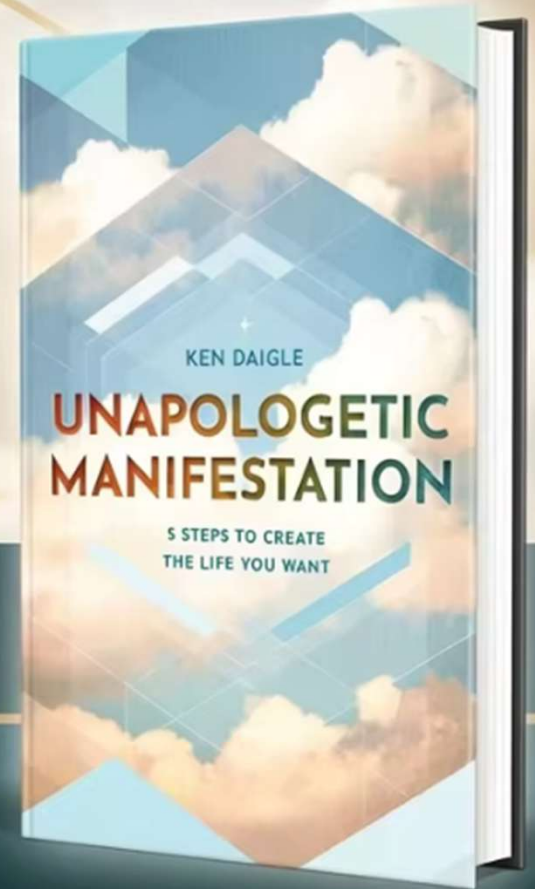
Toni G. Boehm



UNAPOLOGETIC MANIFESTATION: 5 STEPS TO CREATE THE LIFE YOU WANT

6 Weeks 4/28/2026-06/02/2026
Zoom Class 7-8:30 Tuesdays

*Facilitated by Cynthia Roberts,
Co-Spiritual Leader and
Licensed Unity Teacher*



FACILITATED BY

Rev. Bryan Sawchuk

LIVE ON ZOOM

Spirit SYNCHRONIZED PRAYER

Transforming Lives Through
Spirit-Synchronized Mind-Heart
Coherence and Prayer Alignment

- ☑ Tuesdays · Starting June 23, 2026
- ☑ 7:00 PM · 4-Week Journey
- ☑ Via Zoom

4-WEEK COURSE

Unity of Fort Lauderdale | commUnity



SESSION SIX

Let's Just Breathe

Arriving Together

- 1 Close your eyes. Feel your feet on the ground.
- 2 Take a full breath in through your nose — fill completely.
- 3 Exhale slowly and let everything go. Ahhhh.
- 4 Notice: what is your breath doing right now, on its own?
- 5 Settle in. You've arrived. This is your last class.

3 minutes of silence together • just breathe

Welcome Back, Breath Masters

*"The results we get from practicing breathwork depend on what we put into it. The most important thing we need to put into breathing is awareness — **conscious awareness.**"*

— Dan Brulé, *Just Breathe* (Afterword)

Homework Check-In:

- 1 Which Guiding Life Principle from last week moved through you most powerfully?
- 2 Did you try the morning breath intention practice? What did you notice?
- 3 One word for how you feel arriving here tonight.

SESSION SIX

Tonight's Journey

Our Final Class — A Celebration of the Breath

ARRIVE

Opening breath & homework reflections

THE 21-DAY CHALLENGE

What it is, how to use it, the daily formula

BREATHE NOW

Breath Watching · Belly Breath · Engaging the Exhale

CHARGING THE HEART

Day 15 — breathwork as spiritual practice

ZEN BREATHING

The archer metaphor + intention breathing

REFLECT & SHARE

What has this journey given you? Your favorite practice.

SESSION SIX

Voices From the Journey

Sessions 1 & 2 • What resonates with you?

"You don't have to chase peace. You just have to breathe."

Session 1 — What Is Breathwork? (Foundations)

"Sometimes we breathe the breath. Sometimes the breath breathes us. And sometimes we simply ARE the breath — there is no breather and no breath, only breathing."

Session 2 — The Three Convergences (Brulé)

"Getting comfortable with six breaths per minute is extremely therapeutic. Slow is always good."

Session 2 — HRV & The Therapeutic Zone

The 21-Day Breath Mastery Challenge

Chapter 6 — Your Path Forward (pp. 163–196)

Chapter 6 is not a chapter to read — it's a chapter to LIVE. A three-week journey, one technique per day, building the knowledge and skills to master the breath as a tool for health, growth, and transformation in body, mind, and spirit.

THE DAILY PRACTICE FORMULA

10 + 10 + (10 × 2) = 10 min morning • 10 min evening • 2 min × 10 times through the day

21 Techniques — One Per Day:

1. Breath Watching

4. Therapeutic Zone

7. Full Yogic Breath

10. Reverse Breathing

13. Combining Thought

16. Tantric Breathing

19. Fountain Breath

2. Yawning & Sighing

5. Engaging the Exhale

8. Burst Breathing

11. Alternate Nostril

14. Energetic Rapport

17. De-Reflexive

20. Subtle Energy

3. Belly Breathing

6. Linking Movement

9. Box Breathing

12. 4 Dimensions

15. Charging the Heart

18. Zen Breathing

21. Connected Breathing

BREATHE NOW

Days 1 & 3 — Breath Watching + Belly Breathing

DAY 1 — BREATH WATCHING

*You are not doing the breathing.
You are simply watching it.*

- Close your eyes. Let the breath come and go.
- Be an impartial observer — a detached witness.
- If the mind wanders, return to the next breath.
- Notice: chest or belly? Through nose or mouth?
- Notice the people around you — how do they breathe?

3–4 minutes

DAY 3 — BELLY BREATHING

*Breathe low and slow.
The antidote to stress and anxiety.*

- Place one hand on belly, one on upper chest.
- Which hand moves most? Which moves first?
- Inhale — let your belly pop out like a balloon.
- Exhale — pull the belly button toward the spine.
- This is diaphragmatic breathing. Make it natural.

3–4 minutes

SESSION SIX

Voices From the Journey

Sessions 3 & 4 • What resonates with you?

"Breathing is the most efficient way to change your mental, physical, and emotional state — fast."

Session 3 — Breathing to Transform Your Mind

"The breath is a two-way street. Every emotion, thought, and experience is reflected in your breath. And your breath can reshape every emotion, thought, and experience."

Session 3 — The Tape That Loops (Binnie Dansby)

"Spirit is the breath of life. The same word — ruach, prana, pneuma — means both breath and spirit in nearly every ancient language."

Session 4 — Breathing to Transform Your Spirit

"The power of God is within me; the grace of God surrounds me."

Session 4 — Ram Dass (combining thought and breath)

BREATHE NOW

Day 5 — Engaging the Exhale

*"If you have not learned how to let go of your exhale, **don't be surprised if you can't let go of tension, pain, fear, or thoughts** that keep going around in your head."*

The Practice:

- 1 Pull in a BIG, full inhale — stretch everything open.
- 2 Now snap the exhale loose. Release it. Don't push or blow — just LET GO.
- 3 Like a balloon popping — all at once. Dump it out completely.
- 4 When the exhale is over, pull the next inhale in right away.
- 5 Practice 10–15 times. Notice what else releases with the breath.

Voices From the Journey

Session 5 • What resonates with you?

"Your breathing pattern is like a fingerprint — completely unique to you. And just like a fingerprint, it reveals who you are."

Session 5 — Chapter 5, Brulé (p. 160)

"Every cell in your body breathes. When you breathe consciously, you are in conversation with every cell — with life itself."

Session 5 — Breathing to Transform Your Life

"When you are ready — the universe will meet you with the next breath. It always does."

Session 5 — The Readiness Passage (p. 159)

Day 7 — The Full Yogic Breath

"The full yogic breath is like filling a glass with water: it fills from the bottom up."

Three Breathing Spaces:

LOWER

Perineum → Belly Button

MIDDLE

Navel → Nipple Line

UPPER

Nipple Line → Collarbones

How to Practice — BREATHE NOW (4 minutes):

- 1 Send the first breath all the way down — fill the lower space, feel the belly expand.
- 2 Allow it to overflow up into the rib cage — chest expands side to side, into the back.
- 3 Fill the upper chest — feel the collarbones rise. Don't tense the shoulders.
- 4 Exhale — release the entire mechanism at once. Top, middle, lower spaces empty in turn.

Day 15 — Charging the Heart

*"The physical heart generates an enormous electromagnetic field. Its electrical field is **60 times greater** than the brain's, and its magnetic field is **5,000 times stronger**. This field can be measured several feet away."*

THE PRACTICE — BREATHE NOW (5 minutes):

- 1 Close your eyes. Place one or both hands over your heart.
- 2 Breathe consciously into your heart center — feel it expand on every inhale.
- 3 Generate a feeling: love, compassion, or gratitude. Even for no reason.
- 4 Make your inhales longer, slower, deeper — create spaciousness inside you.
- 5 Imagine your heart as a flower opening. Breathe that opening into reality.
- 6 This is not metaphor. It is physics. You are shifting your electromagnetic field.

SESSION SIX

The Practices That Moved Us

A recap across all six sessions — which of these lives in you now?

SESSION 1

Wake Up · Let Go · Take Charge

The Three Basic Skills of Breath Mastery

SESSION 2

HRV · Heart Coherence · The Three Convergences

Breathing the body into health and flow

SESSION 3

Box Breathing · Holotropic · The YES Breath

Breathing to transform your mind

SESSION 4

Heart-Centered Meditation · Ram Dass · 5 Levels

Breathing to transform your spirit

SESSION 5

Nostril Check-In · The 9 Guiding Principles · CPR Story

Breathing to transform your life

SESSION 6

Full Yogic · Charging the Heart · Zen Intention Breathing

The 21-Day Challenge — your path forward

Day 18 — Zen Breathing

The Archer Metaphor • Intention Breathing

*When the archer draws the bowstring back, that is the **inhale**.*

*When the archer releases the bowstring, that is the **exhale**.*

*In that perfect moment, there is nothing to do except **let go and let the arrow fly**.*

THE PRACTICE — Setting an Intention with the Breath:

Close your eyes. Sit tall. Take a moment to choose your intention.

Inhale deeply — generate the intention as if for the first time.

When the lungs are full, simply RELAX. You don't push. The exhale releases itself.

As the breath goes out, release the intention into the field. Let the arrow fly.

Each time you inhale, receive. Each time you exhale, release and give.

Every breath is a prayer. Every exhale, a blessing sent into the world.

What Has This Journey Given You?

Take a moment to reflect. Then share with the group.

1 Which practice or technique from any session has been your FAVORITE — or the one you've used most?

2 Which session, week, or teaching created the most noticeable SHIFT or change in you?

3 Which quote, idea, or story from class has stayed with you — and why?

4 What surprised you most about breathwork over these six weeks?

Journal & Breakout Rooms

JOURNAL

3–4 minutes of writing

What shifted for you during tonight's practices?

Which of the 21 Days calls to you most — and why?

What has breath given you during this six-week journey?

What is your personal commitment to breath mastery going forward?

Write a word, phrase, or prayer to carry with you.

BREAKOUT ROOMS

3–4 per room • 8–10 minutes

- 1 What is your single biggest takeaway from this entire course?
- 2 Which breathing technique will become part of your daily life?
- 3 Share one breath practice you'll commit to for the next 21 days.
- 4 What would you tell a friend about what this course gave you?

Bring back one share from each room to the full group.

SESSION SIX

Prosperity Investment

Your generous support makes this ministry possible



*This is the last class — a beautiful moment
to honor the gift of what you've received.*

Unity of Fort Lauderdale
unityfortlauderdale.org/give

Thank you for your prosperity consciousness 🙏

Your 21-Day Path Forward

The class ends tonight — the practice never does.



Morning (10 min)

Full Yogic Breath OR Belly Breathing. Set an intention with Zen Breathing.



Through the Day (2 min × 10)

Breath Watching at your desk. Yawn & Sigh between tasks. Linked Movement.



Evening (10 min)

Charging the Heart. Alternate Nostril. Or whichever day calls to you.



Your Breath Journal

Note what you practiced, what you felt, what you learned. Review at Day 21.

"Completion is a great place to start." — Dan Brulé, Just Breathe (Afterword)

You Have Been Breathed Into Being.

*"No matter what was true about me yesterday,
today anything is possible.
No matter who or how I am today,
tomorrow I can be anyone, any way.
No matter what was true in the last moment —
right here, right now, anything is possible."*

— Dan Brulé, *Just Breathe*

One final breath together. Close your eyes. Inhale — receive everything this course has given you. Exhale — release it as a blessing into the world.

Thank you for showing up. Keep breathing. 🧘

SESSION SIX

Your 21-Day Homework & Continuing Connection



Begin the 21-Day Breath Mastery Challenge — starting tomorrow. One day, one technique.



Keep your breath journal throughout. At Day 21, review and choose your ongoing practices.



Share your experience! Invite someone you love to start their own breathwork journey.



Join us Sundays at Sunrise Middle School. You are part of our commUnity.



Stay connected: unityfortlauderdale.org • Upcoming: Spirit-Synchronized Prayer course (June 23)

"Completion is a great place to start." — Begin your 21 days tomorrow.