

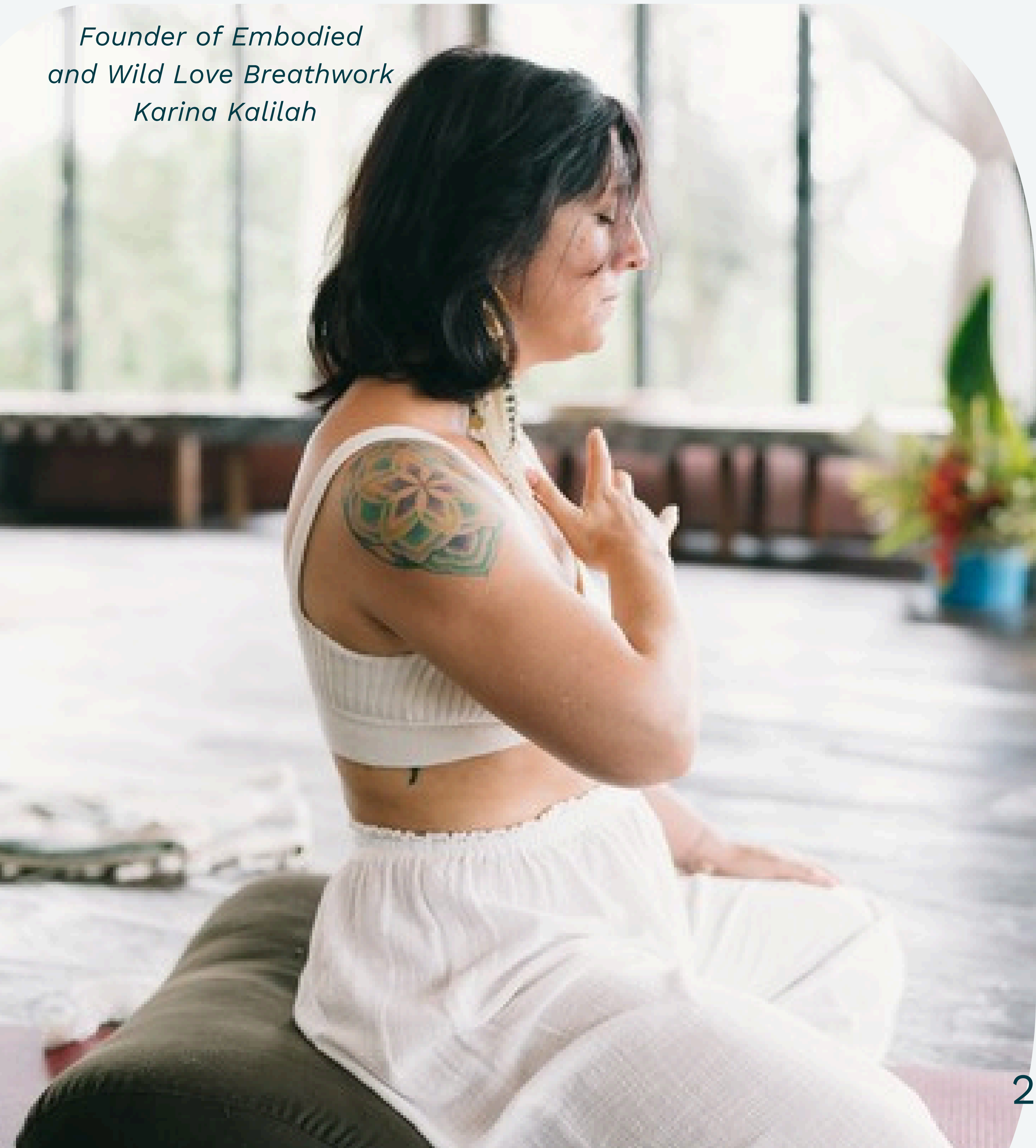
BREATHWORK **can help you with that**

What Is a Breathwork Journey?



Stanford experts prefer breathwork to meditation

*Founder of Embodied
and Wild Love Breathwork
Karina Kalilah*



According to research by Stanford University, breathwork is by far more effective than meditation for reducing stress and anxiety. Here's why: Meditation is watching your breath. Breathwork is different.

It's a tool that allows you to take full control of your breathing patterns and everything attached to those patterns. This means you are no longer an 'observer'.

You are now an active participant influencing the outcome, and can therefore change the blueprint of your health, wealth and relationship outcomes.

Your breath rate, brainwaves and thoughts are interrelated

The space between our thoughts reflects the space between our brainwaves. Our brainwave state is a reflection of our breath rate. We can change our brainwave state by altering our breath. To lower the frequency of the brainwave state - slow the breath. This creates more space between thoughts.

I liken this to a TV antenna. Throughout the day, adults operate at Beta brainwaves which are very busy and close together. According to research, the average person produces 60,000 thoughts and makes 30,000 decisions daily. Furthermore, 75% of these thoughts are negative and 95% are repetitive. It looks like static on a TV: busy, messy and grey. As we slow the breath, lower ourselves into Alpha brainwaves, then Theta, sometimes Delta, we are adjusting the TV antenna and creating a clear colourful picture on the TV.

Breathwork is a tool to support you in changing your thoughts from **static** and limiting to high quality and empowering. Now there is no worry about them being repetitive because they serve you well.

Breathwork is a state shifting tool.



Gamma Waves

30 - 100 HZ

INSIGHT
PEAK EXPERIENCES
SYNCHRONIZATION

Beta Waves

12-30 HZ

ALERTNESS
CONCENTRATION
THINKING

Alpha Waves

8-12 HZ

MEDITATION
CREATIVITY
RELAXATION

Theta Waves

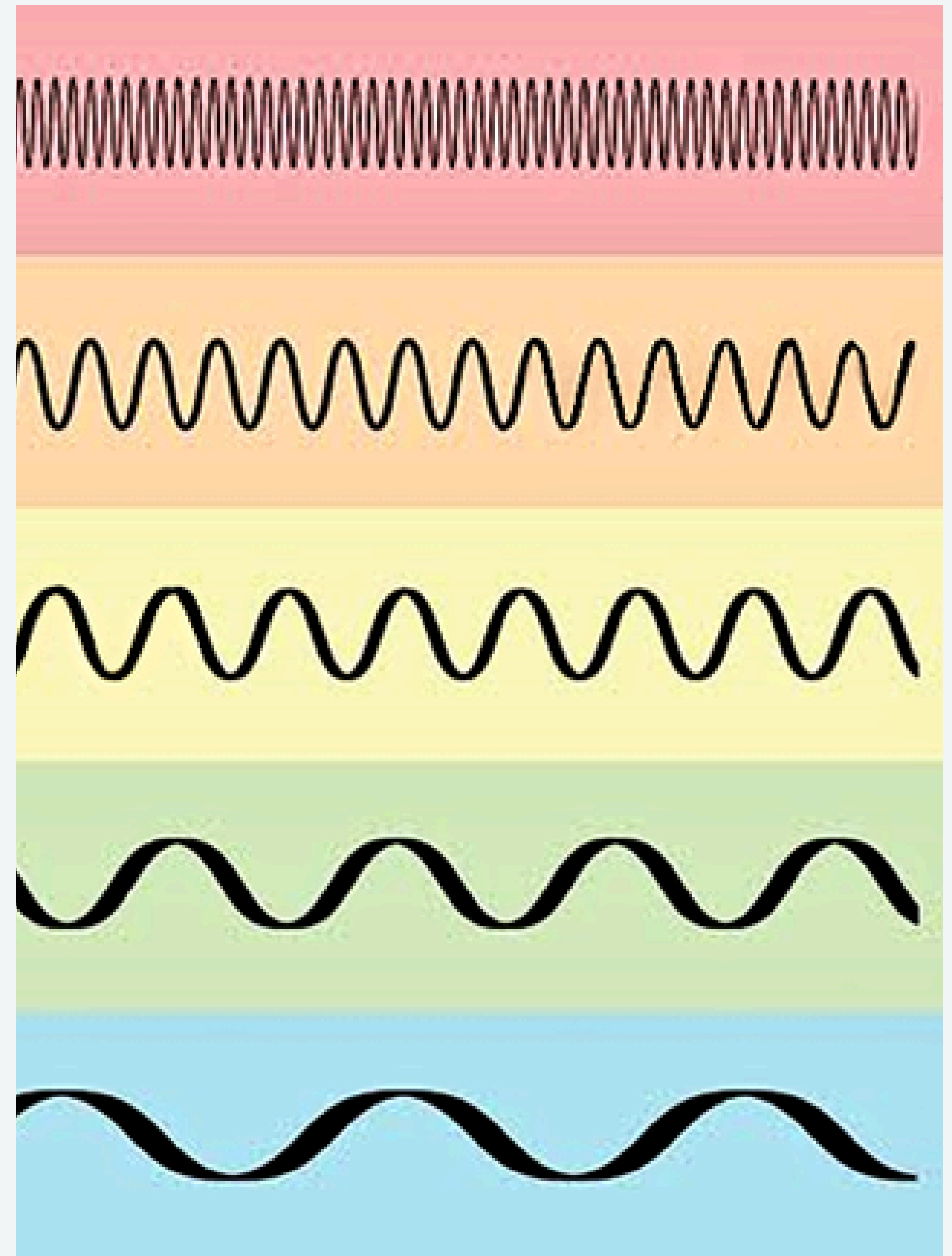
4-8 HZ

VISUALIZATION
TRANCE
DREAMING

Delta Waves

0.5-4 HZ

DEEP SLEEP
TRANSCENDENCE
RESTORATION



Breathwork can help you with that

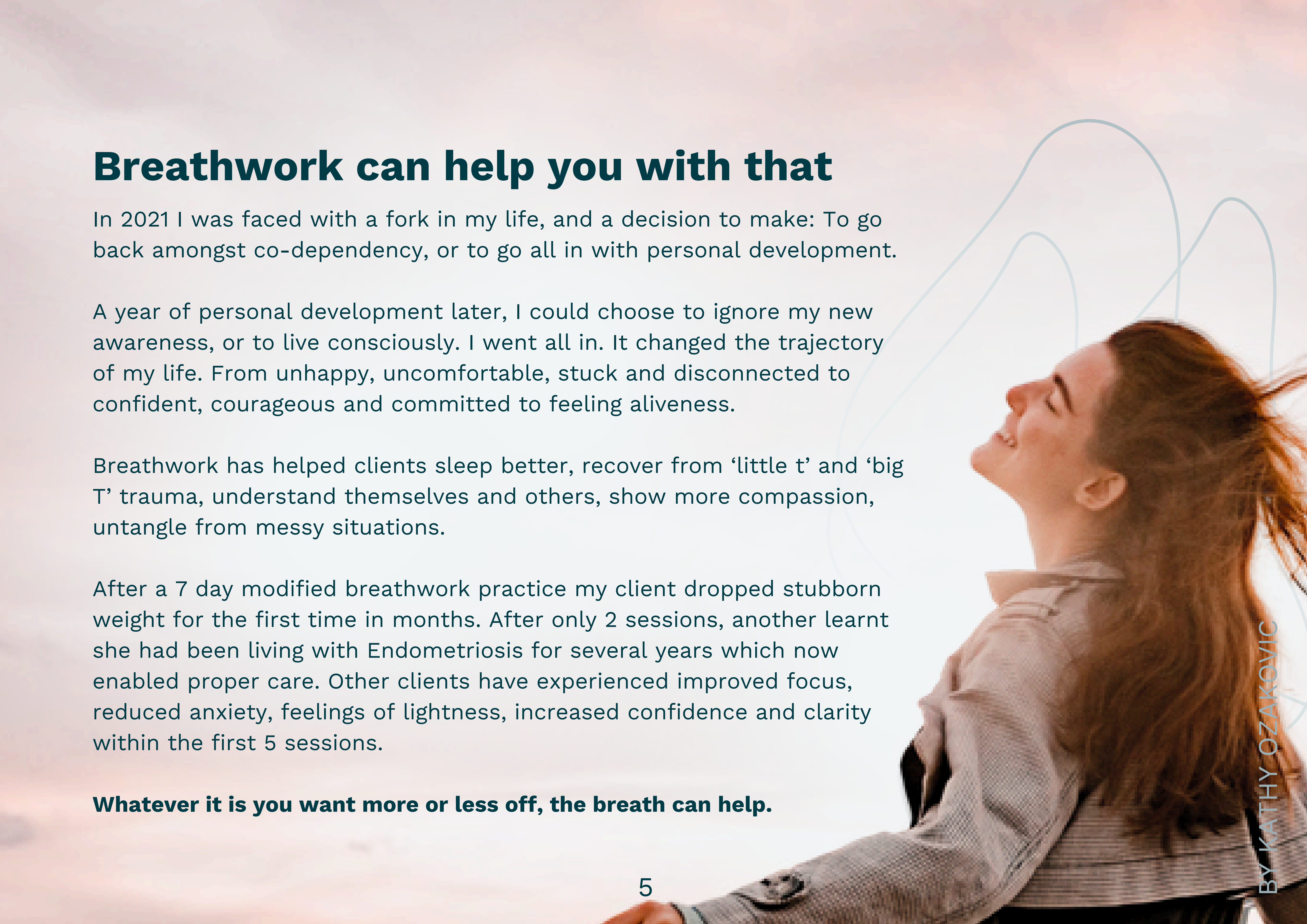
In 2021 I was faced with a fork in my life, and a decision to make: To go back amongst co-dependency, or to go all in with personal development.

A year of personal development later, I could choose to ignore my new awareness, or to live consciously. I went all in. It changed the trajectory of my life. From unhappy, uncomfortable, stuck and disconnected to confident, courageous and committed to feeling aliveness.

Breathwork has helped clients sleep better, recover from 'little t' and 'big T' trauma, understand themselves and others, show more compassion, untangle from messy situations.

After a 7 day modified breathwork practice my client dropped stubborn weight for the first time in months. After only 2 sessions, another learnt she had been living with Endometriosis for several years which now enabled proper care. Other clients have experienced improved focus, reduced anxiety, feelings of lightness, increased confidence and clarity within the first 5 sessions.

Whatever it is you want more or less off, the breath can help.



Breathing Style:

Breathing is a natural, automatic function we do unconsciously, without thought. During Breathwork we bring conscious thought to our breathing to influence our nervous system. We can think of Breathwork as either: Conscious Connected or Conscious Controlled. Within each of these two categories there are further styles of breathing.



BREATHING

Process of moving air into and out of the lungs to enable gas exchange. We naturally pause between breaths.



CONSCIOUS CONNECTED

The breath rate is connected. There is no pause at the top of the inhale, and no pause at the bottom of the exhale.



CONSCIOUS CONTROLLED

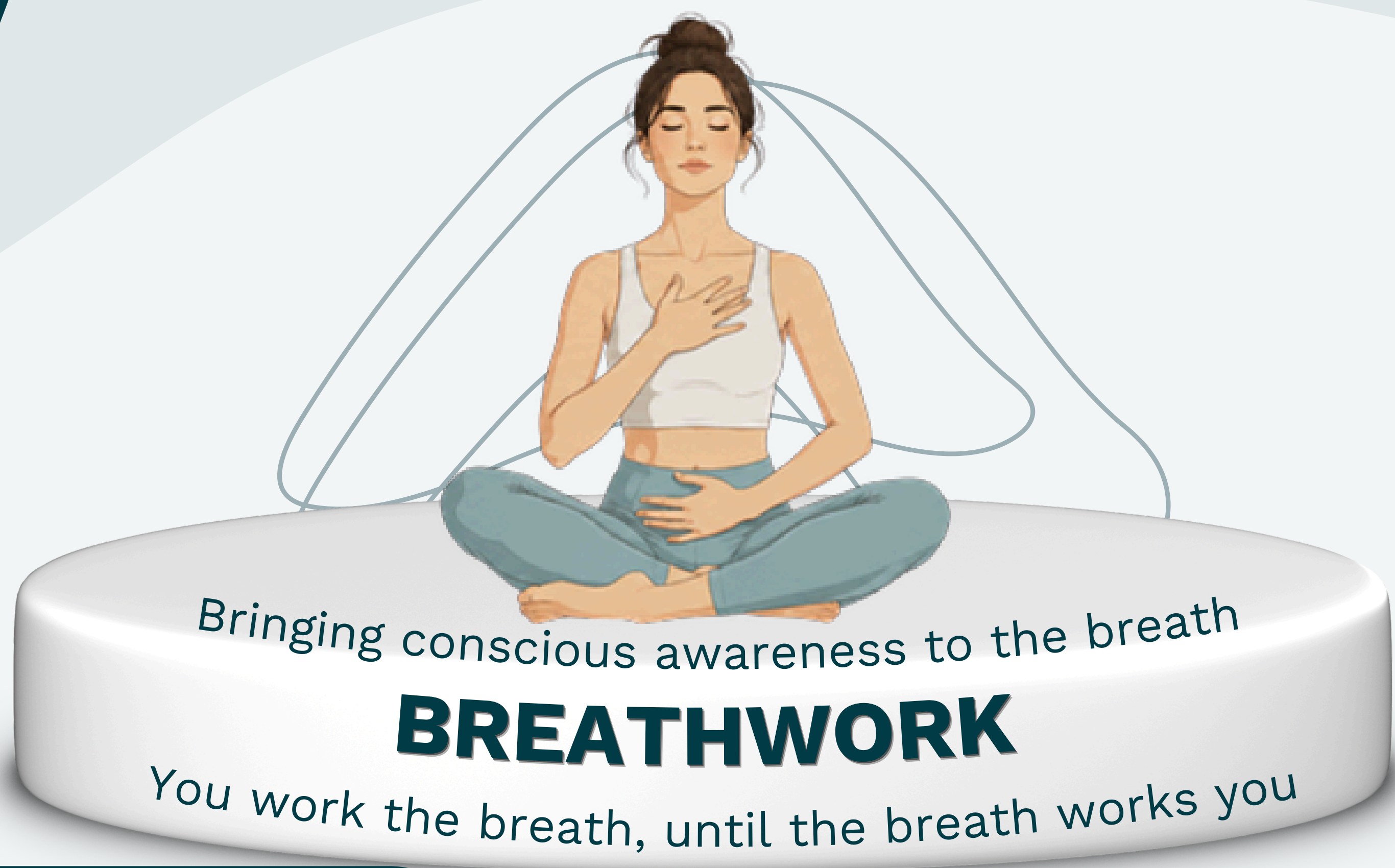
Guided, functional or spiritual breathing practices that include pauses known as breath holds.

Rebirthing Breathwork is underpinned by the belief that healing can be gentle. It activates the Parasympathetic Nervous System (Rest & Digest, Tend & Befriend, Calm & Connect) rather than the Sympathetic (Fight, Flight) response that we mostly live in nowadays. Embodied and Wild Love Breathwork (which Kathy O practices) stems from Rebirthing.

Holotropic Breathwork stimulates the Sympathetic Nervous System which can be overwhelming for people who have not yet developed nervous system regulation techniques.

BREATHING

automatic function
without thought



BY KATHY OZAKOVIC

Conscious Connected

HOLOTROPIC
mouth breathing
founded by
Stanislav Groff

REBIRTHING
nose breathing
founded by
Leonard Or

MORE

Shamanic
Ancient Indigenous

Pranayama

Embodied
passive breath out
founded by Karina Kalilah

Wild Love
active breath out
founded by Karina Kalilah

Conscious Controlled

FUNCTIONAL
Athleticism
Rehabilitative

WIM HOF
Cold exposure

MORE

Pranayama
Ancient Indian

Tummo
Tibetan Buddhist

and more...



Why fight fire with fire?

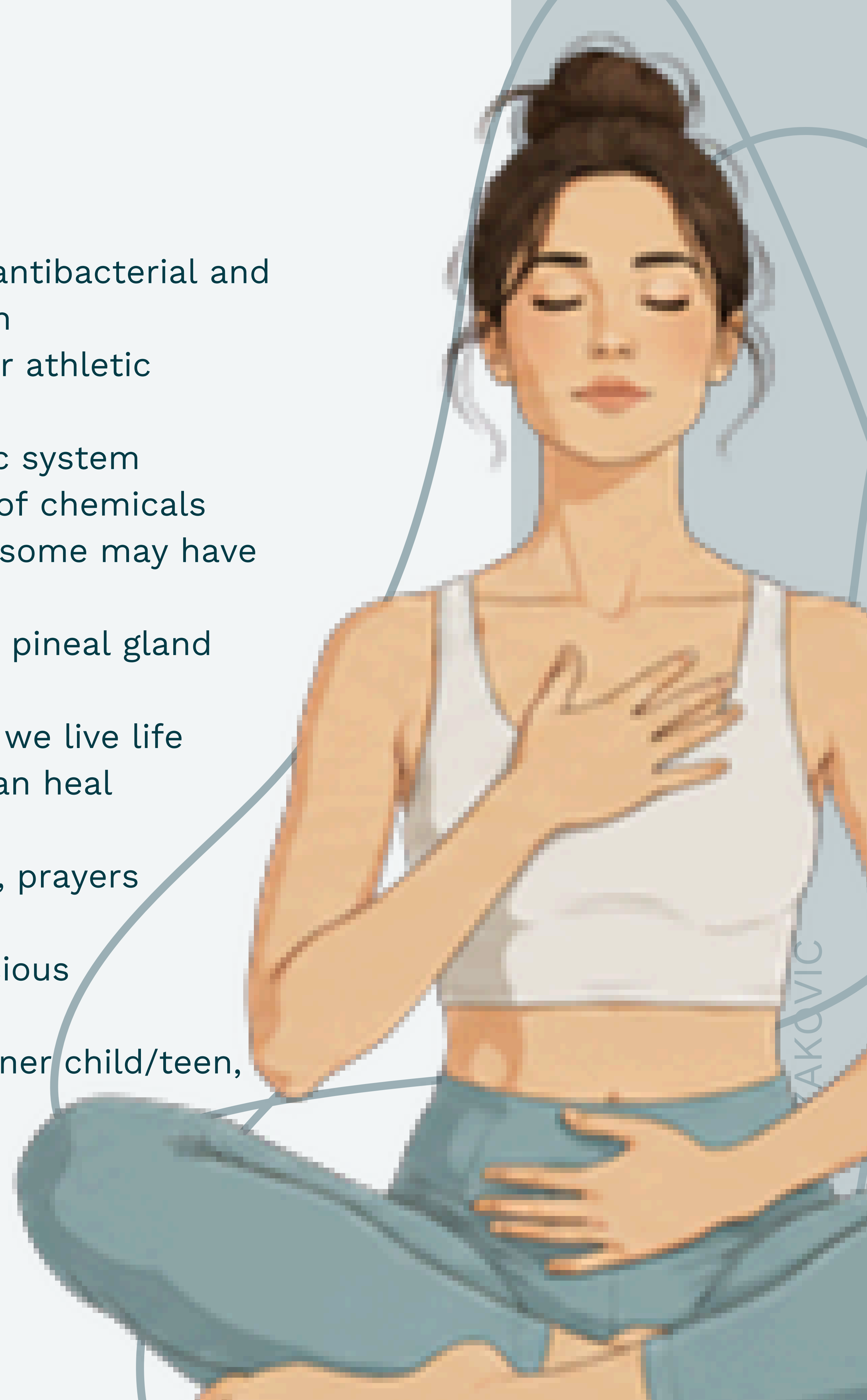
Our modern day lifestyles have us operating in the Sympathetic state, often stuck here without downregulating. It is time to relearn how to use our Parasympathetic Nervous System which is responsible for our digestion, immune system, thyroid function and reproductive system which will enable our metabolism, and therefore physical body to function optimally.

It is from this calm and connected state that we are able to discern what is for our best, what will lead to the long term vision, where we have strayed off path, and how to get back. The body cannot simultaneously be in tension and relaxation.

IT IS ONLY DURING RELAXATION
THAT THE BODY CAN HEAL.

Why We Breathe:

- On a physiological level breathing through the nose is antibacterial and antiviral - Recommended reading James Nestor: Breath
- It creates a build up of Nitric Oxide which allows better athletic performance, a healthier body
- Upregulates detoxification by stimulating the lymphatic system
- Stimulating the lymphatic system enables the release of chemicals called neuropeptides (commonly known as emotions), some may have built up over years due to suppression
- It creates 'brain wobbles' that may release DMT by our pineal gland (known as the spirit molecule)
- Breathwork is about flexibility, how we breathe is how we live life
- Breathwork creates space for relaxation so the body can heal
- To expand our sense of self-awareness
- To remember our purpose, passion, playfulness, peace, prayers
- To reconnect with our intuition
- To bypass the conscious mind and access the unconscious
- To heal the first breath, our relationship with success
- Parts Work and Internal Family Systems: Access our inner child/teen, and reparent ourselves
- Empower ourselves to create the changes we desire
- Relearn Self-Love, Self-Acceptance and Commitment
- Guide ourselves through challenging times
- Connection to self, others, something more



Session Outline:

30min Embodiment Coaching & Intention setting where we discuss

- What you want to work on
- Where in your life you want to see change
- What you want to gain clarity about
- What you want to make peace with

60min – 75min Breathe

The duration of your breathe will depend on the energy movement and cycles. There will be peaks and troughs. Times at which you ‘pick up’ the breathe and times at which you ‘drop’ it. Your practitioner knows what to look for and how to guide you as you go through your breathwork journey.

30min Integration time to reflect on the breathe, journal, discuss, make notes about commitments moving forward, action to take.

TOTAL DURATION OF 1:1 BREATHWORK SESSION UP TO 2 HOURS

Why Breathe With A Trauma Informed Practitioner?

Although this method of psycho-somatic therapy is relatively safe, it can bring up unresolved trauma. It can show you where you've been stuck, on loop, what events you've been sub-consciously reliving that are giving you results you don't want. This can be confronting. Having a trauma informed breathwork practitioner creates a safe space where you can begin to shift your Nervous System state from one of fight/ flight/ freeze/ fawn to that of calm.

Your practitioner supports you in processing emotional events, integrating experiences and moving beyond the happenings with new solid ground, and faith. In psychology this is called **Post Traumatic Growth**, Anti-Fragility, Resilience building.

I described the physical, emotional, energetic experiences one may have. For safety reasons a well-trained trauma informed breathwork practitioner is here to support you through this with voice commands, affirming language, safety words, movement and breath cues.

Over the course of your Breathwork Journey, you will be equipped to use breathwork as a **Nervous System Regulation tool**. However, should you ever require additional support processing an emotional event because “life keeps lifing”, you are welcome to reach out. Some things are not meant to be handled alone. It's why we have practitioners who can help.

CONTRAINDICATIONS:

BREATHWORK IS NOT FOR EVERYONE.

In particular, if you are managing any of the below conditions, we do not recommend you partake in breathwork at this time. Research is still being compiled. We hope we see breathwork used as an alternative therapeutic method for at least some of these in the near future. However, for now please refrain from engaging in conscious connected breathing if you know yourself to experience:



EPILEPSY



VERTIGO



STROKE



RECENT BRAIN INJURY

(within the last year, depending on severity and current state)



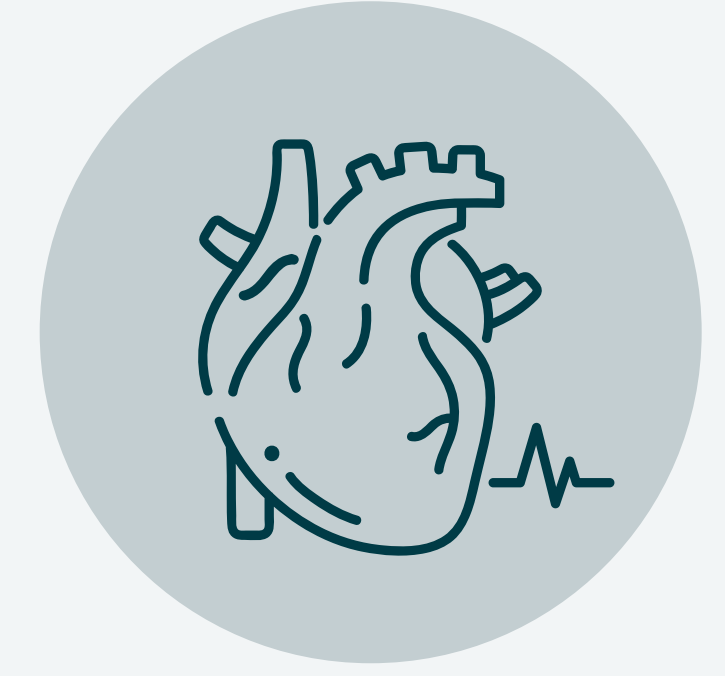
BIPOLAR



**SCHIZO-
PHRENIA**



PREGNANCY



**HEART
CONDITIONS**

CONTRAINDICATIONS:

Prior to commencing breathwork you will be invited to complete a **Pre-Screening Questionnaire**.

Disclosure dictates care. If you know yourself to have experienced any of the above in the past, answering questions honestly enables best practice by your practitioner. **You may still be eligible for Embodiment Coaching and Modified Breath practices for rehabilitation and health benefits.** Instead of high-ventilation, intense circular breathing, clinical guidelines for people with contraindications focus on calming, low-impact breathing to support neuroplasticity.

Safe alternatives include:

- Shorter practices of controlled diaphragmatic breathing without over-oxygenating the blood
- Physiological Sign, the double breath in and long exhale out
- Paced or Box breathing techniques



She is the reason I no longer doubt this work

I've been practicing Breathwork since 2023, but when I combined it with my intellect, consulting and coaching skills: I no longer doubted this work.

"Why can't this be your thing? Why can't you be the practitioner who packages it all? The science of dietetics and the breathwork" - Karina Kalilah saw it before I did, as so often our teachers do.

Breathwork is the intentional oxygenation of our bodily systems.

This oxygenation moves and creates chemicals within the nervous system, lymphatic system, our organs. We literally shake up what's there, stuck, blocking energy flow.

Two Breathwork sessions was all it took for my client to feel a change.

After two breathwork sessions, something shifted. A new sensation occurred. Not pleasant. One that could no longer be ignored.

We decided to put breathwork on hold and shift the focus to medical testing. This revealed a cyst the size of a golf ball on her right ovary, and Stage 4 Endometriosis. This does not happen overnight, she knew that too. It was years of suppressed emotions from past hurts and unhealthy relationships where she experienced abandonment and betrayal. Holding onto feelings of rejection from others, especially men. Emotions of frustration, disappointment, grief all stored in her womb - now begun to move.

Surgery was the only option provided to her by the medical system, with a high risk of damaging all existing healthy eggs. This would leave her with no opportunity to become a mother in the future. Wanting to start a family she went to a fertility specialist and was told pregnancy would be a hard battle. She felt pressured into her first failed cycle of artificial insemination. Most fertility specialist recommend 3 to 6 cycles prior to commencing IVF. She stopped at one.

Modern medicine is not wrong, it is incomplete. We have made extremely beneficial advances. I question have we forgotten the fundamentals of our humanness along the way? Our ability to feel and heal. Reluctant to undergo surgery and tired of being pressured, my client asked me for alternatives.

I listened to her intuition.

By this point we had already worked together for a year - through Embodiment and Wellness Coaching. Before her wedding we slimmed her down 7kg in 5 weeks, leaving emotional baggage outside the Church, away from her marriage. I was very familiar with what her body was responding to, and what it needed help with. The diagnosis was the final puzzle piece. It allowed me to tweak her therapeutic approach and supplementation protocol to include fertility naturopathy principles I am qualified in. It allowed us to ask her subconscious the right questions.

I was honest, practical and cohesive in my approach. We need to reduce inflammation and upregulate detoxification. Surgery to remove endometrial tissue is a quicker, but high risk. The supplements might take some time, a year or more, but safe. She was fully committed.

Over the next 4 months, memories surfaced, and emotions voiced themselves. She made sense of her past, understood the wounded parts of herself. It took consistent work, a well planned supplemental protocol, and embodiment coaching support. Forgiveness set in.

She said no to surgery, 3 weeks later against the 8% chance fertility research gave her, a natural pregnancy occurred, at age 38. The fertility specialist did not bother to understand how, the medical system does not know her story, but I do. I am her witness.

Now, in her 39th year, birth was given to a healthy baby girl. They, mother and daughter, are the reason I no longer doubt this work.

RESULTS ARE A COMMITMENT MADE REAL.
SHE WAS COMMITTED TO A NATURAL PREGNANCY,
AND SO IT IS.



*Creator of the Nervous System
Embodiment Theory (NSET)
Kathy Ozakovic*

FINAL WORDS: BREATHWORK JOURNEY AFFIRMATIONS

- Trust the experience is exactly what you need
- The body knows what it needs to bring up for healing
- Nothing will come up that you cannot breathe through
- Whatever is ready to be felt - will be felt
- The breath is safe, the mind needs to be reminded it is safe
- Fear is excitement without breath. Breathe to restore faith
- The only validation you need is your own
- Even though I feel vulnerable, I choose to love and accept myself
- Self-love takes action
- The breath will do most the work

Creation Cacao

Visit: www.creationscacao.com



Cacao or Cocoa - what's the difference?

Cocoa results from roasted cacao beans. The cacao beans are heat processed which means a loss of nutrients, 60 - 90% less antioxidants. The more processing the lower the % of cacao. The heat processing makes it sweeter. It is often mixed with additives and preservatives including sugar, refined hydrogenated oils, milk fats, artificial colours and flavorings.

Ceremonial Grade Cacao is unprocessed, packed with antioxidants, protecting the body from free-radicals that do damage to cells and cause premature aging. Cacao has no added chemicals, it is rich in iron, magnesium, and neurotransmitters. It contains the stimulating aphrodisiac theobromine, mood boosting serotonin and tryptophan, and a huge amount of phenylethylamine which increases dopamine.

Studies show that cacao may help increase insulin sensitivity protecting from type 2 diabetes, reduce blood pressure protecting our hearts, and improve learning and memory abilities. Cacao nibs are a great replacement for chocolate chips if you are looking to boost your baking (especially good in banana bread).



Get 10% off!

Use the discount code **KATHYO-10** at checkout or scan the barcode and the discount will be applied at checkout for you.

Wilfred Eco

Visit: www.wilfredeco.com.au

Eco-Friendly Glass Water Bottles & Plastic Free Reusable Straws

Discover the non-toxic, BPA-free, reusable glass water bottles with protective silicone sleeve, available in 650mL and 1L sizes.

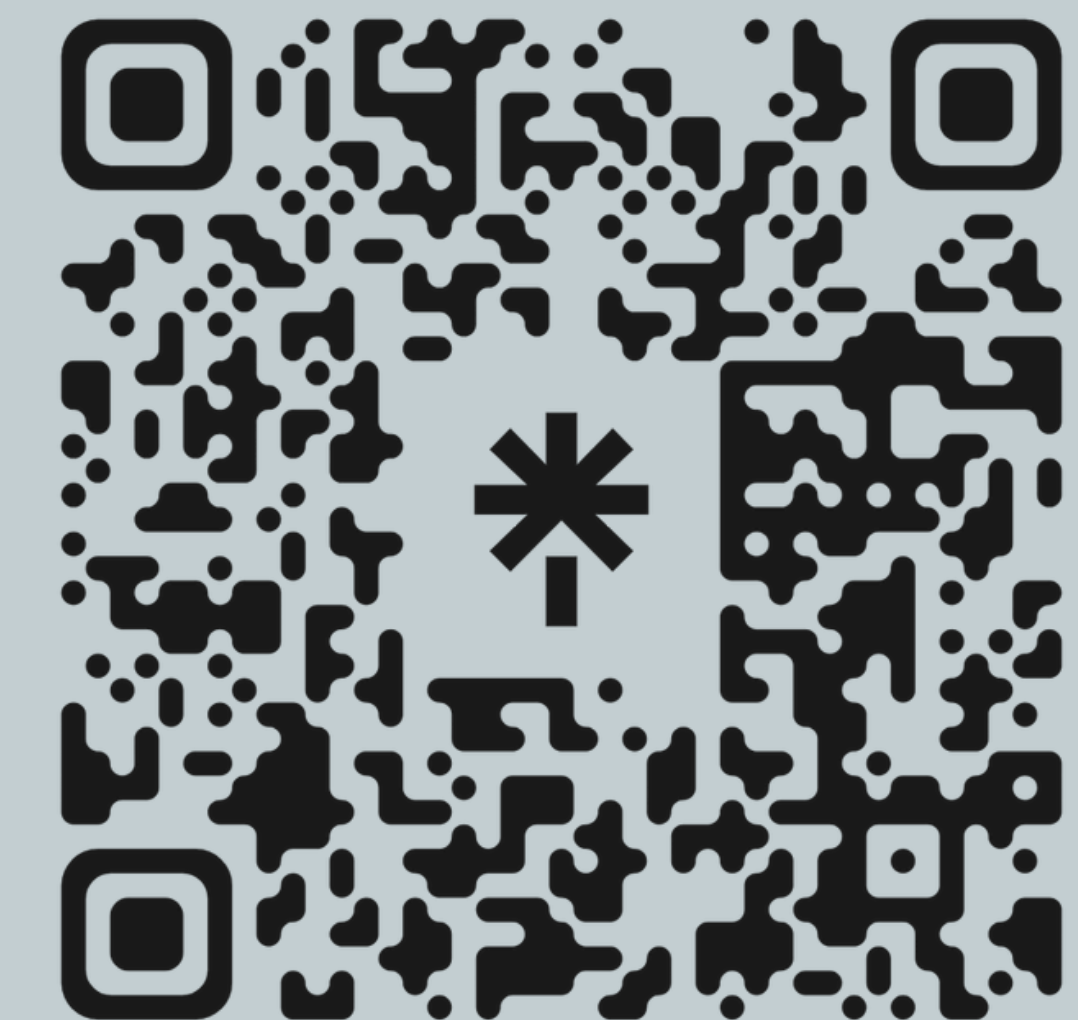
Wilfred Eco is committed to protecting the environment – especially our oceans – from plastic waste. Creating sustainable, premium-quality drinkware that is as functional as it is beautiful. With Australian-registered designs, each product is crafted with durability, safety, and style in mind.



KATHY.O

TAKE ACTION • CREATE CHANGE

At Wilfred Eco, we believe that small, mindful choices – like choosing non-toxic, reusable drinkware – can spark big, positive changes.



Kathy O endorses the WilfredEco brand as a way of effectively reducing toxin exposure. Scan the QR code for a 20% discount or use code **KATHYO-20** at checkout.

Supernatural electrolytes

Visit: www.supernaturalplus.com

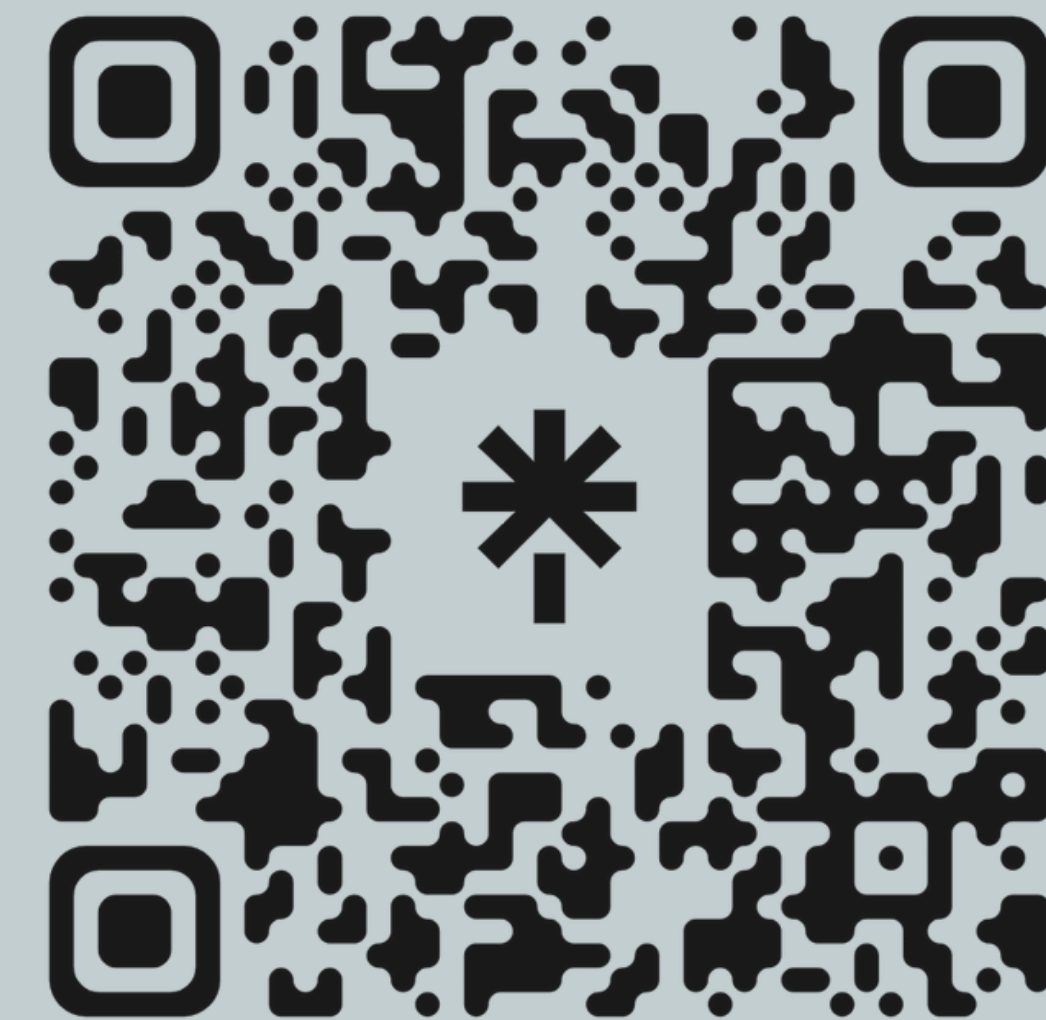
Too many people rely on sugary sports drinks that don't truly hydrate them. Redefining hydration for peak performance SUPERnatural+ helping athletes and active individuals stay properly hydrated with science-backed formulas. Not just offering hydration; building a movement that educates, empowers, and connects people who are passionate about health and performance.



KATHY.O

TAKE ACTION • CREATE CHANGE

SUPER-ELECTROLYTE content that tastes amazing with ZERO SUGAR — designed to fuel fitness, recovery, and an active lifestyle.



Scan the QR code to find the direct link to your discounted offer, or use discount code **KATHYO-20** at the checkout.

WHYSLP Wellness

Visit: www.whyslp.com

WHYSLP

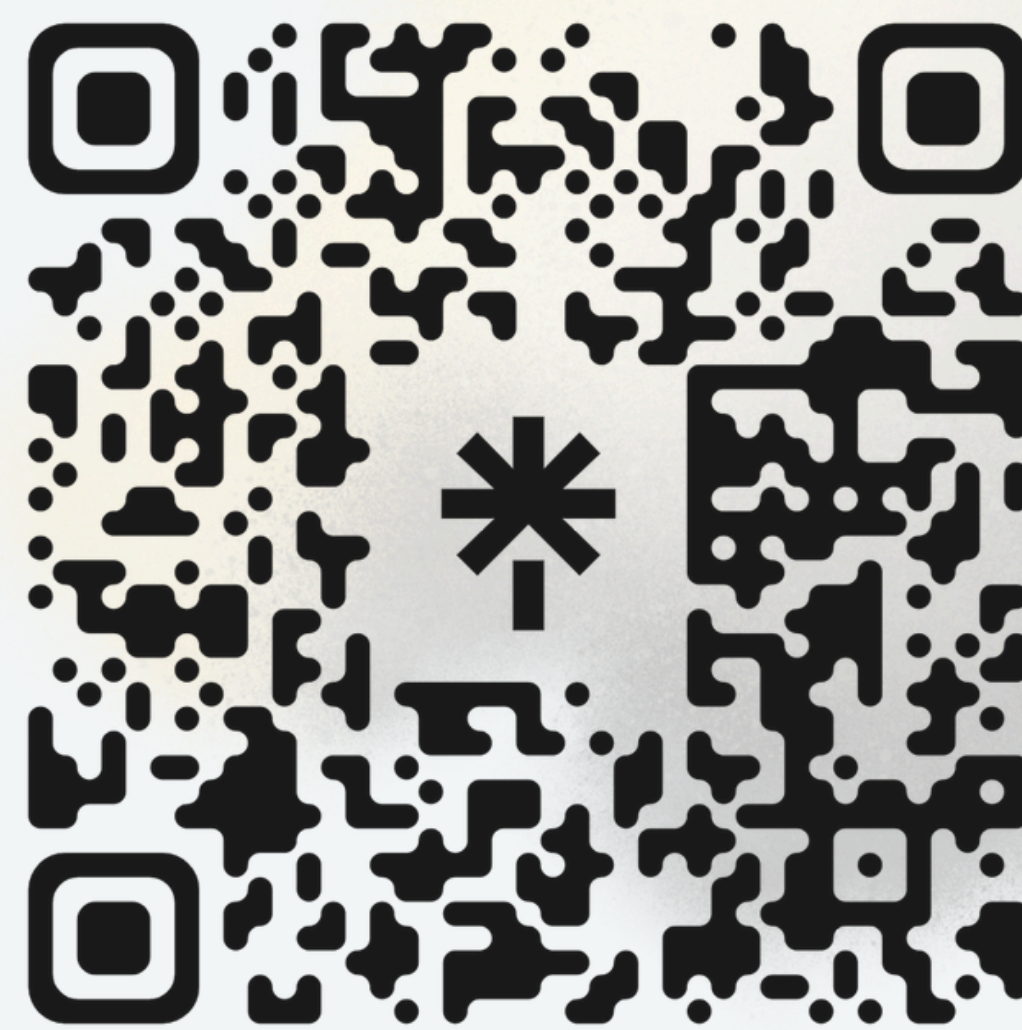
There's a difference between sleep and rest. Sleep is what the body does. Rest is what you wake up feeling. Your brain doesn't switch off because the lights went out. It quiets down when it receives the right cues that tell your nervous system: the day is done, it's safe to rest. Modern life sends the wrong signals. Screens that flood the eyes with light. A day that never ends. A nervous system that has forgotten what quiet feels like.

You're not broken. Your environment is sending the wrong signals.

That's what Deep Sleep: Collagen-Infused Mouth Tape is designed to address. Not as a fix, but as a single quiet signal. One strip to calm, closed-mouth rest, supporting your body's natural overnight rhythm.

A different kind of morning.

Scan the QR code to find the direct link to your discounted offer, or use discount code **KATHYO-15** at the checkout.



DERMATOLOGIST-
TESTED

BY KATHY OZAKOVIC

KATHY.O
TAKE ACTION • CREATE CHANGE



SUBSCRIBE TO OUR E-NEWSLETTER TO STAY UP-TO-DATE with Kathy O and NuFit Wellness

Web: www.nufitwellness.com.au
Email: hello@nufitwellness.com.au
WhatsApp: +61 448 840 632
IG: @kathyozakovic

WELLNESS MENTORING | BREATHWORK | EMBODIMENT COACHING | WELLNESS IN THE WORKPLACE

Intellectual Property delivered by NUFIT WELLNESS can only be used for personal purposes and must not be plagiarised. Use of NUFIT WELLNESS Intellectual Property outside personal use must have written consent from NUFIT WELLNESS and must be referenced and credited to Kathy Ozakovic, known as KATHY O. If improper use has been discovered you risk legal action.

This information is made available for educational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis or treatment. You must exercise your own due diligence before implementing any recommendation and/or purchasing any product/service. Kathy Ozakovic and NuFit Wellness are exempt of any and all responsibility associated with misuse or your own interpretation. Do not delay seeking medical or professional advice. You acknowledge and agree that the above warnings and disclaimers shall apply to all content provided by NuFit Wellness and that you take responsibility for your own health and wellbeing.