

BREATHWORK **can help you with that**

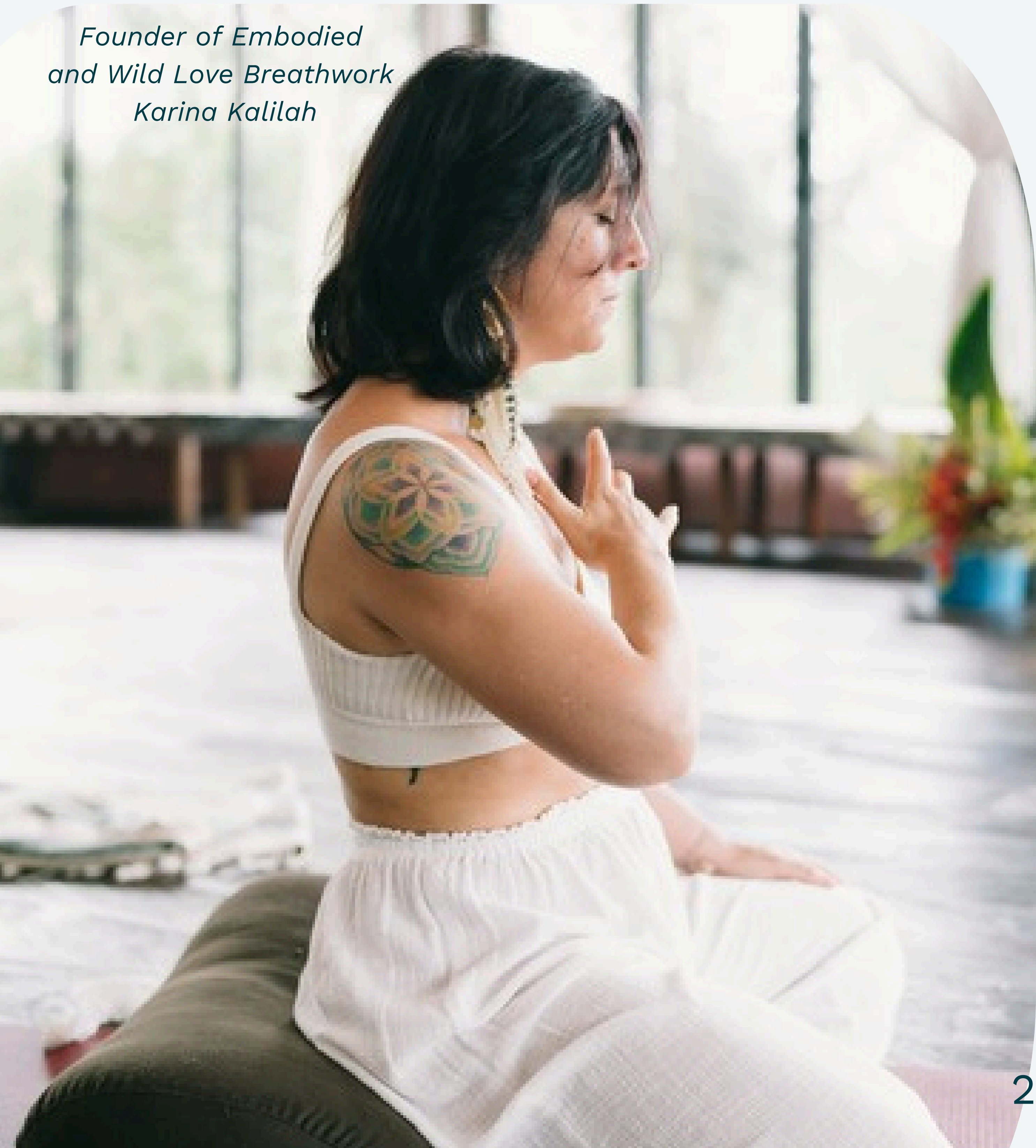
What Is a Breathwork Journey?

www.nufitwellness.com.au



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.

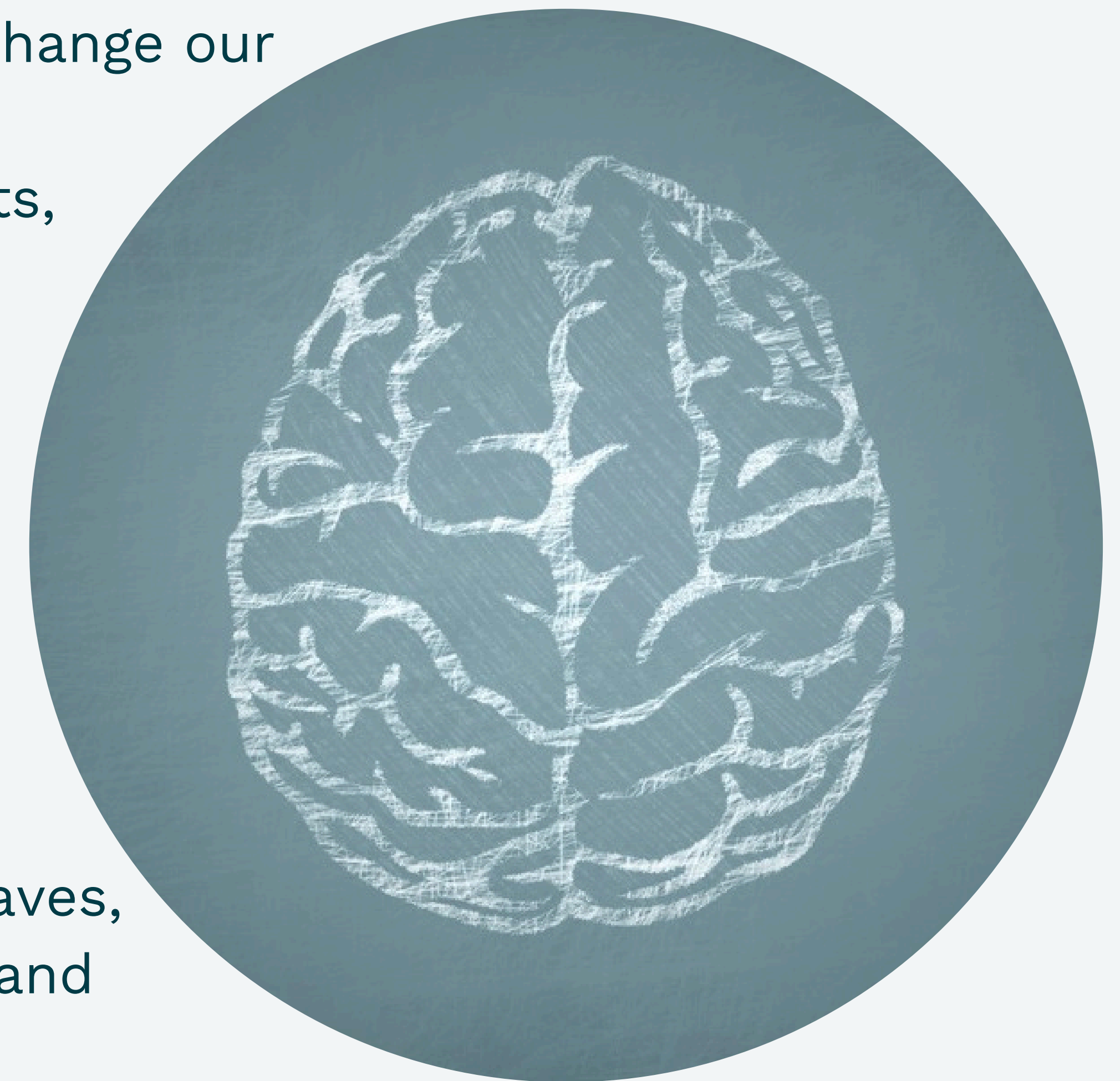
Your breath rate, brainwaves and thoughts are interrelated

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 and create more space between thoughts, slow the breath.

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

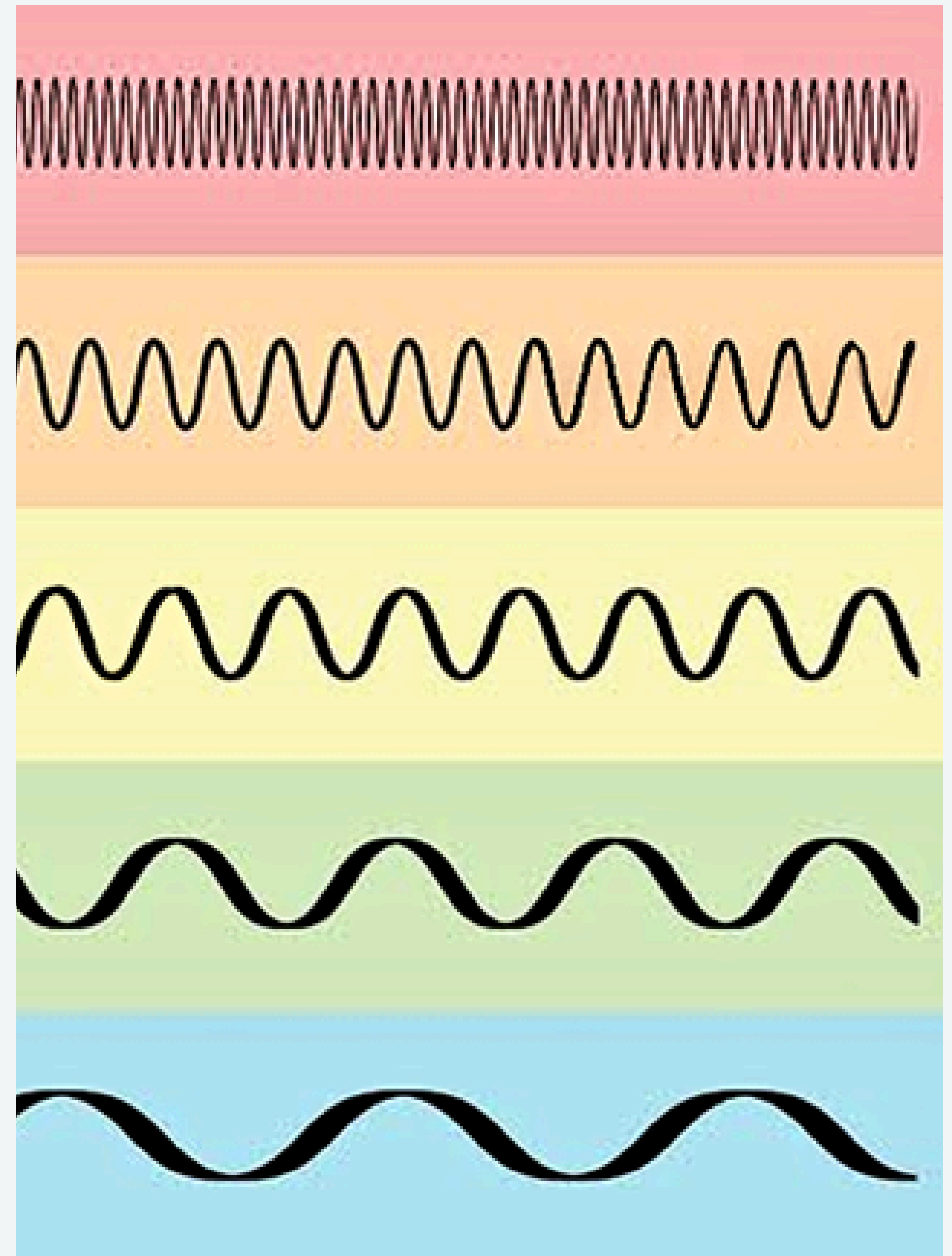
4-8 HZ

VISUALIZATION
TRANCE
DREAMING

Delta Waves

0.5-4 HZ

DEEP SLEEP
TRANSCENDENCE
RESTORATION



Breathwork As A State Shifting Tool

The Autonomic Nervous System is comprised of the Sympathetic and Parasympathetic branches. Autonomic means it is independent of our conscious mind. It works without us thinking about it. You don't have to tell your heart to beat, it just does.

An activation of The Sympathetic Nervous System is our Fight or Flight response. When we are faced with real or perceived danger, we enter this state to protect ourselves. Our breath rate becomes short and shallow, a hold may occur, our heart beats faster and blood rushes to our muscles to tense preparing to fight or flee, panic occurs. Our primitive, reptilian brain is in charge.

The Parasympathetic Nervous System governs our Digestion, Thyroid Function, Reproductive System and Immune System. When we feel safe, calm and connected we are able to rest and digest in this parasympathetic state. This state upregulates the functions of our Prefrontal Cortex. This part of the brain governs rational decision making. However, a dysregulated nervous system leads to a parasympathetic state of freeze, flop or fawn whereby the body shuts down or yields to preserve life. Our decision making abilities are compromised in this dysregulated state.

We become prone to making sometimes costly mistakes.





Reconnect with your resounding yes/no

We used to think we don't have much say in the matter of our Autonomic Nervous System responses. Now we know we can influence the upregulation and downregulation with nervous system regulation techniques. Breathwork is one such powerful state shifting tool.

By slowing the breath down, we communicate safety and calm to our body. Prefrontal cortex activity is re-established, clarity of the situation occurs, we can take appropriate action.

A regulated Nervous System is able to gear up and down as necessary. In recent years, athletes have been using breathwork in this way. After the excitement and rush of adrenaline when scoring a try in rugby, I've noticed players take a few deep breaths to recentre themselves. Strategic thinking is back online and they can decide their next play.

A few deep breaths to recentre the self helps us tune back into the mind, body, spirit and emotional experience we are having in order to discern appropriate action taking.

Your unconscious mind is responsible for the blueprint of your current health status



The unconscious mind stores memories, organises them and runs the body. Its job is to preserve the body and works on the path of least resistance. Where you are right now with your health, wealth and relationships is driven by your unconscious. This is your unconscious minds' perception of perfect health, wealth and relationships even if you consciously know you can be healthier, fitter, skinnier, stronger, earn more money, deserve a more passionate and loving relationship.

Where you are is the result of years of meaning making that create internal representations tied to an emotional charge. This is known as a memory. Your body has stored this exact memory as 'perfect health', whatever that is for you in this moment. **With breathwork, you can change your story.**

If something is dangerous and scary to your unconscious mind, you will avoid it consciously. Any kind of unknown change, including weight loss, strength gain, a loving relationship if your pattern is drama, even copious amounts of money if you only know scarcity, is outside the comfort zone of the known and therefore scary to your unconscious.

HEALING IS THE REMEMBERING OF HEALTH, ABUNDANCE AND LOVE. YOUR UNCONSCIOUS MIND NEEDS SUPPORT TO REMEMBER HOW TO HEAL AND BE HEALTHY.

Breathwork can help you with that

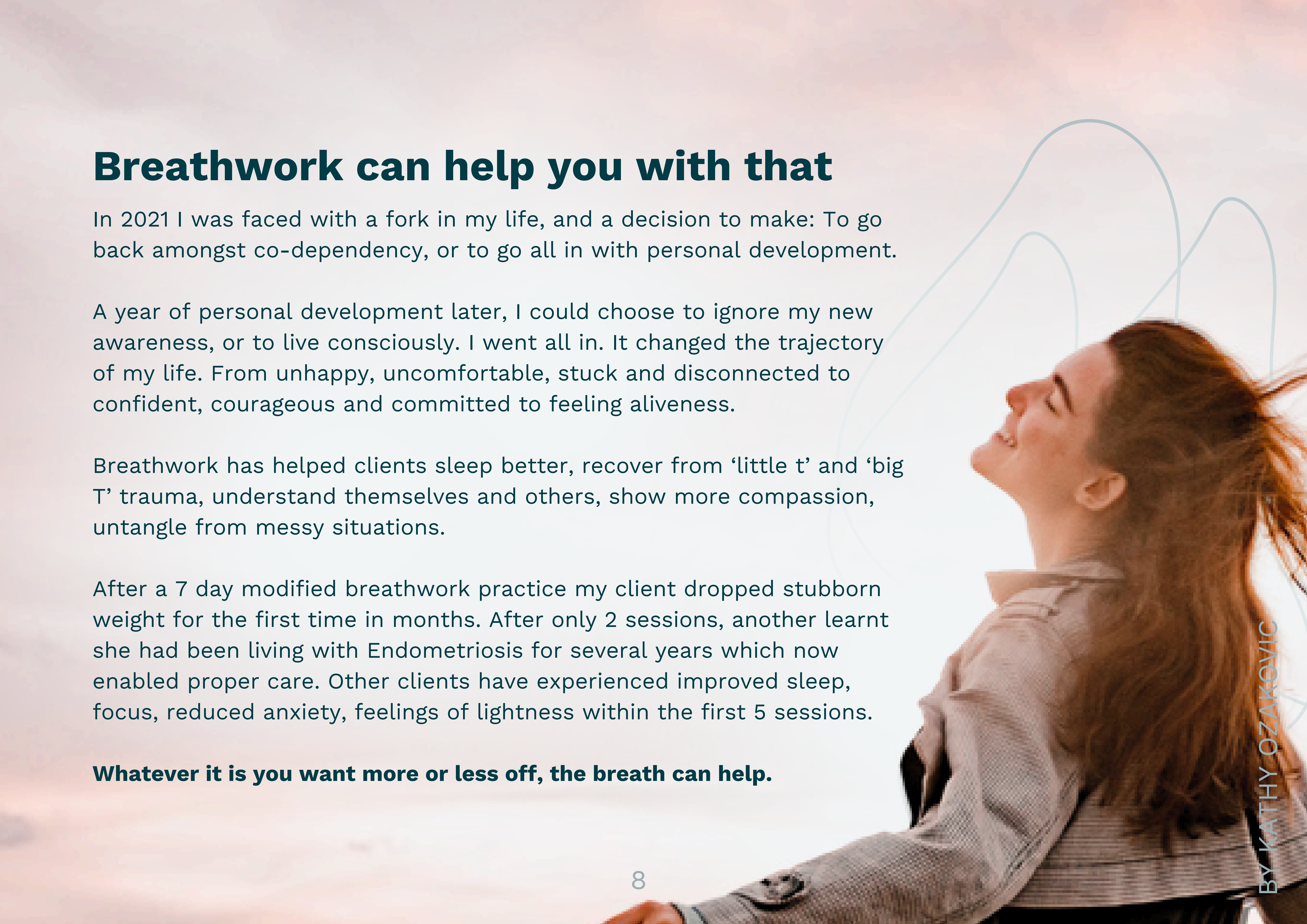
In 2021 I was faced with a fork in my life, and a decision to make: To go back amongst co-dependency, or to go all in with personal development.

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 sleep, focus, reduced anxiety, feelings of lightness within the first 5 sessions.

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





Embodied Breath Academy Practitioners

Breathwork As An Integration Tool

Breathwork is not always only about healing and clearing. When we have done the work to detox, dis-entangle, delete old stories, return to a regulated parasympathetic state of calm, integration is necessary for completion. Integration comes after the processing. It is time to fully embody the new sense of self. You have new ways of being and doing, which will give new outcomes.

From here, from our new embodied sense of self we can use Breathwork to maintain clarity and expand our capacity for joy. This is where the real fun begins. Now we can add focus to the vision.

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



Conscious Connected

Conscious Controlled

HOLOTROPIC
mouth breathing
founded by
Stanislav Groff

REBIRTHING
nose breathing
founded by
Leonard Or

FUNCTIONAL
Athleticism
Rehabilitative

WIM HOF
Cold exposure

MORE

MORE

Shamanic
Ancient Indigenous

Pranayama

Embodied
passive breath out
founded by Karina Kalilah

Wild Love
active breath out
founded by Karina Kalilah

Pranayama
Ancient Indian

Tummo
Tibetan Buddhist

and more...

Embodied and Wild Love Breathwork

Founded by my Breathwork teacher Karina Kalilah, born from her own personal practice after 10 years of Rebirthing Breathwork, which morphed into Embodied Breathwork, Wild Love is changing the way the world moves.

After 2 years of Rebirthing and Embodied Breathwork, Wild Love helped bridge the gap in my personal understanding of healing the nervous system.

Embodied Breathwork, like Rebirthing is practiced lying down. Wild Love begins in a seated position, with our spine upright. A yoga bolster is particularly helpful for people who have tight hips and thighs. Breathing in we rock forward, breathing out we rock backward. Both are nose breathing practices.

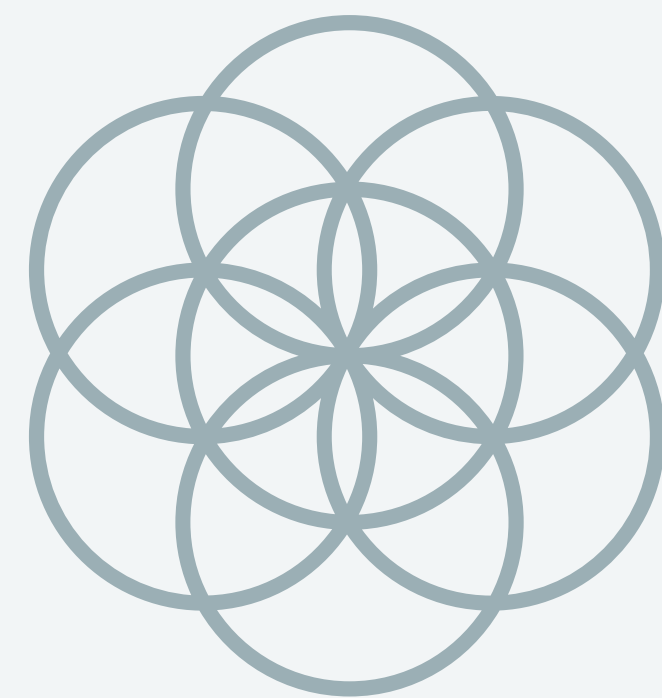
Throughout the session you are at liberty to move, within safe parameters. The foundation of Wild Love Breathwork is surrendering, letting go and achieving your body's natural flow of movement.



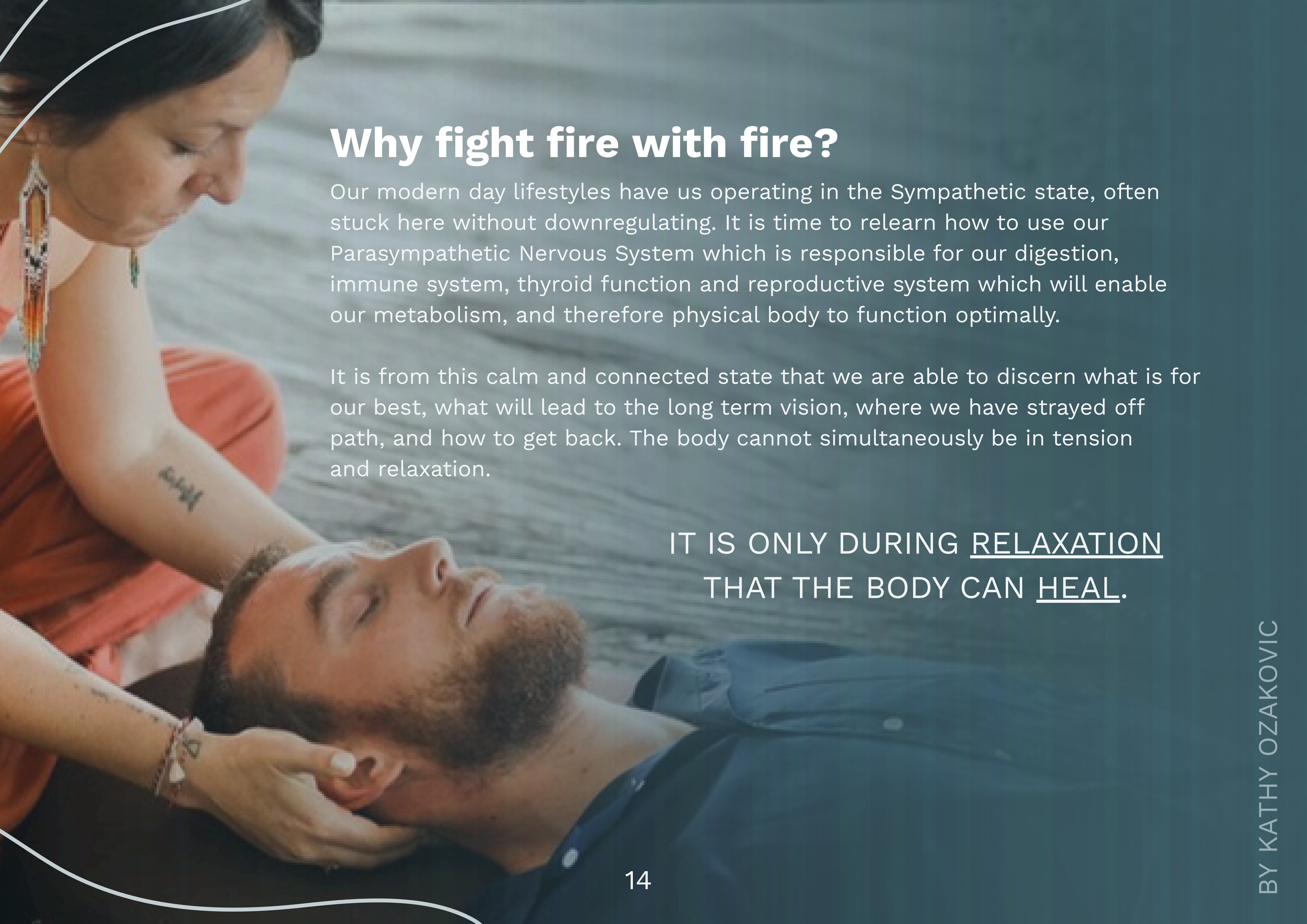
What does your body want you to do? The body's language is not one of words, it is feeling. You are listening for a sensation that will move you.

Dissociation is a subconscious protection mechanism whereby the unconscious mind decided for us to shut down, ignore, tune out the emotions and subsequent feelings that were too much for our conscious mind to understand at the time. Embodied and Wild Love Breathwork helps us access, reignite and enliven these parts of us that have been numbed.

The difference between Embodied and Wild Love Breathwork is in the breath out. In Embodied Breathwork there is a passive letting go of the breath out. In Wild Love the breath out is active. This is influenced by our position. Although there may be some movement during Embodied Breathwork, it is somewhat limited as we are lying down. Being seated during Wild Love enables us to dance with the breath.



All types of Breathwork are a Spiritual practice - we are connecting to Spirit: our own Lifeforce Spirit and/or Divine Spirit.



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.

Embodied Breathwork - How We Breathe:

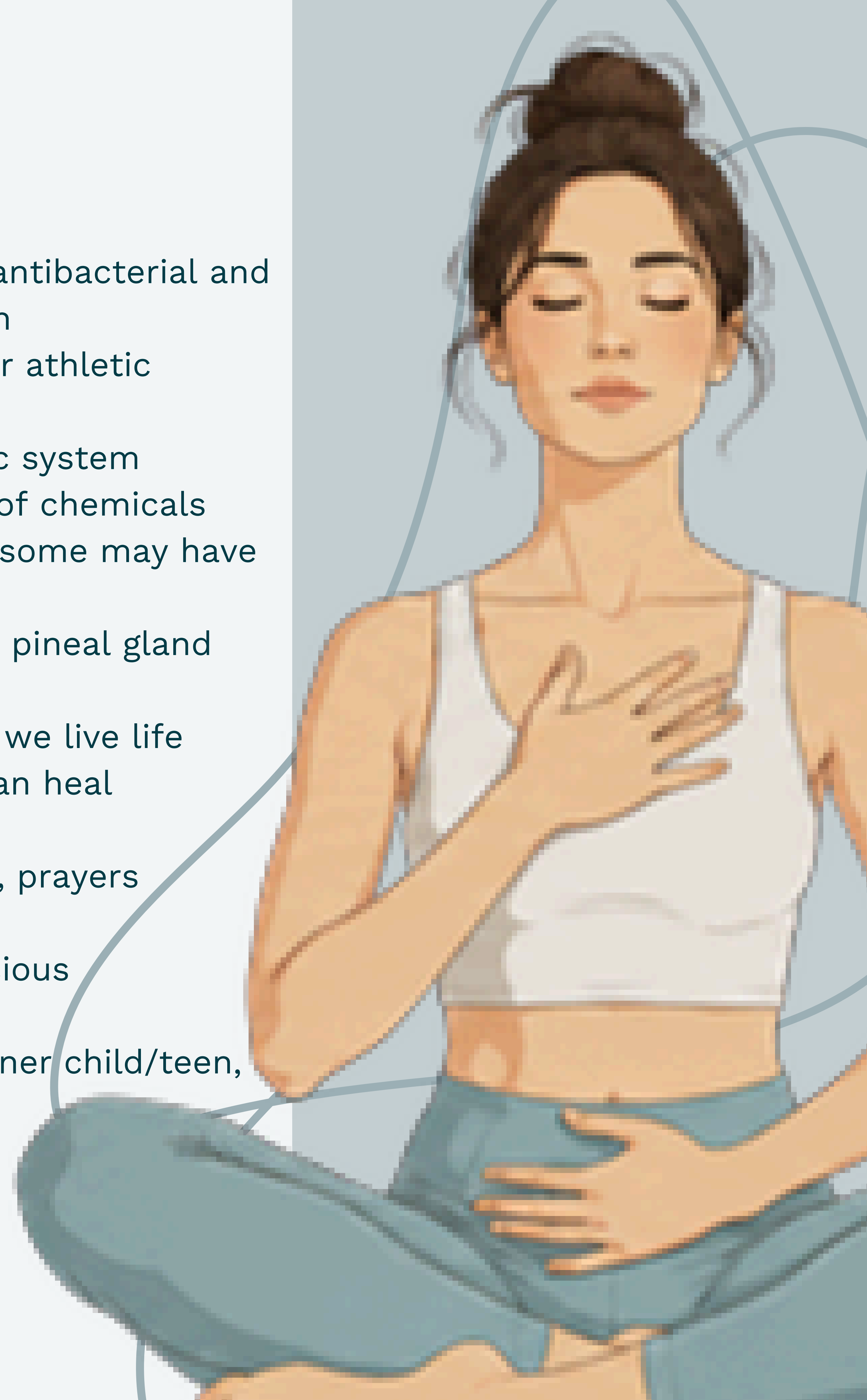
You go through this with your practitioner in your first session. The more you breathe the more familiar you become with the breath, and the more you trust it:

- Conscious connected, circular - there is no pause between the inhale and exhale
- Diaphragmatic - from the diaphragm
- Through the nose - the nose is the passageway, the breath is coming from the diaphragm
- If you are called to breathe through your mouth because your nasal passages have closed up, do not hesitate.
- Tears take priority over the breath. Let them flow gently. Suppression may lead to more intense releases.
- Inhale = diaphragm drops and creates space for your heart = our ability to receive
- Exhale = diaphragm contracts up = our ability to let go, surrender
- During the session you may 'drop the breath' at times. Your practitioner will guide you back to conscious connected breathing as appropriate. Sometimes dropping the breath is needed to priorities tears or toning.



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.

15 – 30min Integration time to reflect on the breathe, journal, discuss, make notes about commitments moving forward, action to take.

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

What to Expect in a Breathwork Journey:

Healing is an energetic experience. It literally requires energy to heal the body. If you have had a surgery, after you have been stitched up by the surgeon your body is still healing from the inside out. Your physical body requires nourishment through quality foods, thoughts, emotions to fully heal. Hence the NuFit Wellness model to holistic health, The Embodiment Fractal Framework™ includes the mind, body and spirit model governed by emotions at the centre of our experiences.

During your breathwork energetic healing experience, you may or may not experience some of the below. **Keep an open mind. Your experience will be unique to you. These are all signs of energy moving, neuropeptides (emotions) being shaken up for release.**



What You May Experience in a Breathwork Journey:

PHYSICAL BODY:

- Tingles, Hot/Cold, Tension, Numbness, Heaviness, Sweating, Shaking, Pins & Needles, Blocked Nose, Dizziness, Coughing, Yawning, Laughter

MENTAL BODY:

- Memories resurfacing or changing, Visions, Altered perceptions, Ego dissolutions, Clarity, Geometric patterns, Colours

EMOTIONAL BODY:

- Holding on or avoiding emotions can amplify physical sensations. Give yourself permission to cry, encourage tears to flow gently.
- Anger, Sadness, Grief, Loss, Forgiveness, Pleasure, Joy, Fun, Acceptance, Peace

SPIRITUAL BODY:

- Embodied Knowing, "Aha" moments, What to do moving forward, Messages from Spirit/ God/ Consciousness/ Ancestors, Feelings of oneness, Conversations with loved ones

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



*Founder of Embodied
and Wild Love Breathwork
Karina Kalilah*

INTENTION SETTING

I recommend allocating a journal for your sessions, and beyond. Although you will be setting intentions before each session, it is important for you to be clear on what you want to get out of Breathwork sessions overall.

WHERE FOCUS GOES, ENERGY FLOWS



- In 1 - 3 words or sentences (less is more), reflect on where you are in life right now in the areas of Health, Career/Mission, Relationships.
- What am I ready to let go of to create space for something new?
- What do I want to feel and experience more of? What is the 'new' I am making space for?
- How will my experience in and of the world be different? (Outside self)
- How will I be different? (Inside self)



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.

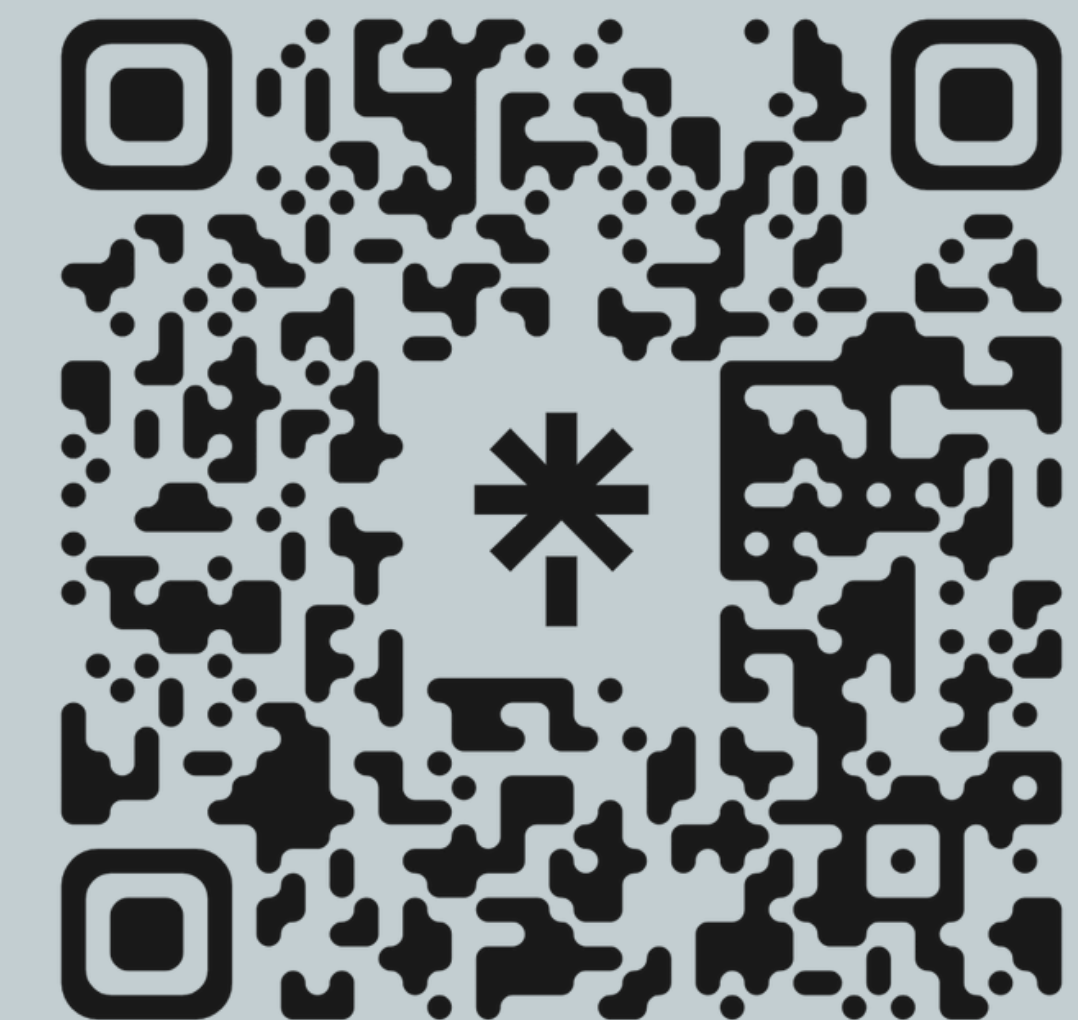
Wilfred Eco is committed to protecting the environment – especially our oceans – from plastic waste. Creating sustainable, premium-quality drinkware that is as functional as it is beautiful. With Australian-registered designs, each product is crafted with durability, safety, and style in mind.



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

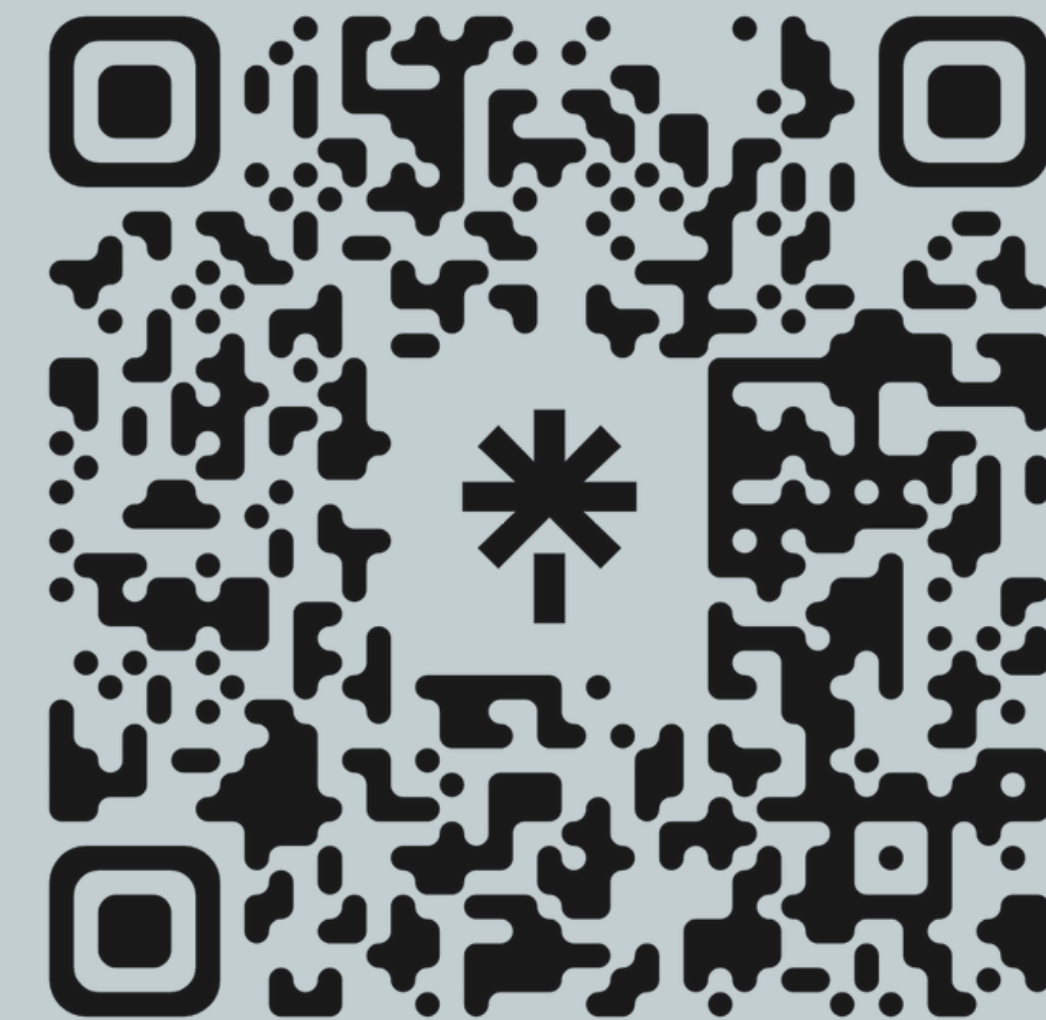
Too many people rely on sugary sports drinks that don't truly hydrate them. Redefining hydration for peak performance SUPERnatural+ helping athletes and active individuals stay properly hydrated with science-backed formulas. Not just offering hydration; building a movement that educates, empowers, and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



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WHYSLP Wellness

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WHYSLP

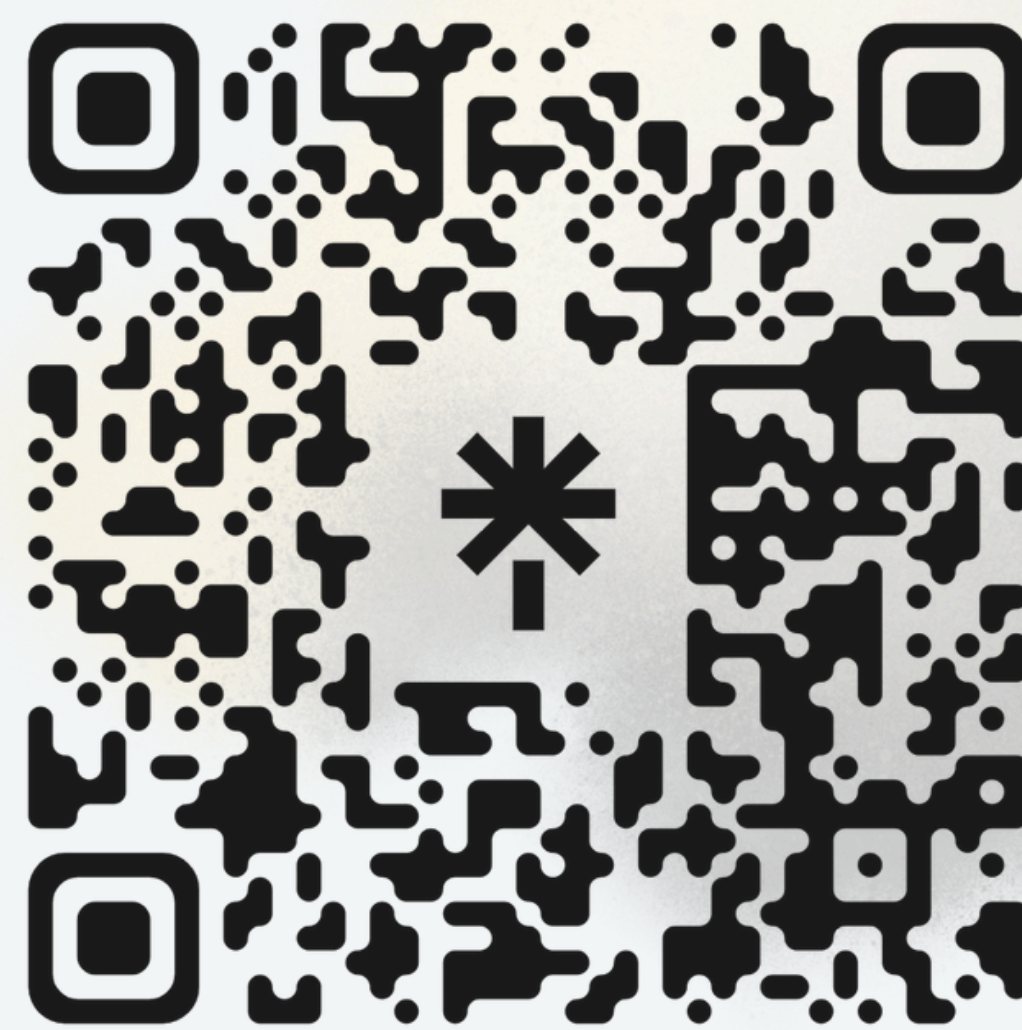
There's a difference between sleep and rest. Sleep is what the body does. Rest is what you wake up feeling. Your brain doesn't switch off because the lights went out. It quiets down when it receives the right cues that tell your nervous system: the day is done, it's safe to rest. Modern life sends the 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

ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Kathy Ozakovic, with a background in clinical nutrition, dietetics, went on a journey of self-discovery to become a Breathwork Practitioner, and so much more. In Australia, Kathy worked on the wards of a rural NSW hospital, and Sydney metropolitan private practice. Having seen and experienced the effects of illness personally and professionally, she felt her energy and enthusiasm for health was more useful in the space of Lifestyle Medicine.

Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith often inspire others to turn obstacles into opportunities. “I have experienced a lot of change throughout my life which came with challenges. Moving countries, witnessing various physically and mentally debilitating illnesses, overcoming an eating disorder, breast implant illness and explant surgery, disentangling from co-dependent and narcissistic relationships. These experiences provided me with a great level of compassion and empathy, whilst installing firm boundaries, and a sense of ownership, accountability and self-responsibility. I get it. Change is not always easy. With the right support, it can be easeful.”



ABOUT KATHY O and NuFit Wellness

NuFit Wellness principles are backed by science, a blend of Eastern and Western medicine as Kathy O believes there is a time and place for both. “Health, wealth and thriving relationships are your birthright. Your body has an innate ability to heal, it knows what to do. Our job is to help it remember health by removing interferences and creating a nurturing and nourishing environment. Take action, create change. It all starts with self.”

Kathy O supports people to understand the physical symptoms they experience include yet go beyond the biology of the body. On a mission to inspire you to become an action taker and create lasting change through awareness, breath and conscious choices. NuFit Wellness principles help the body heal, rest and recover to grow back stronger and more resilient. Kathy O says NuFit Wellness is ‘in the business of returning people to a regulated parasympathetic nervous system’. This leads to disease symptom remission including thyroid, gut health, fertility, and autoimmune challenges.

The NuFit Wellness Health Philosophy is holistic and comprehensive. Embracing the teachings of epigenetics, Kathy believes behaviour and gene expression follow emotion. This is how Kathy O came to develop the NuFit Wellness Embodiment Fractal Framework™ which guide individuals towards emotional mastery to create lasting change. NuFit Wellness addresses the fundamentals to health grounded in the principles of the NuFit Wellness 7 Pillars To Wellness, and supports individuals understand the ‘how to’ of living life well. Health does not happen by accident; it is in the choices we make. When told by a friend “you really live life well” Kathy responded with: “and I want to show others they can to”.

KATHY.O
TAKE ACTION • CREATE CHANGE



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

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