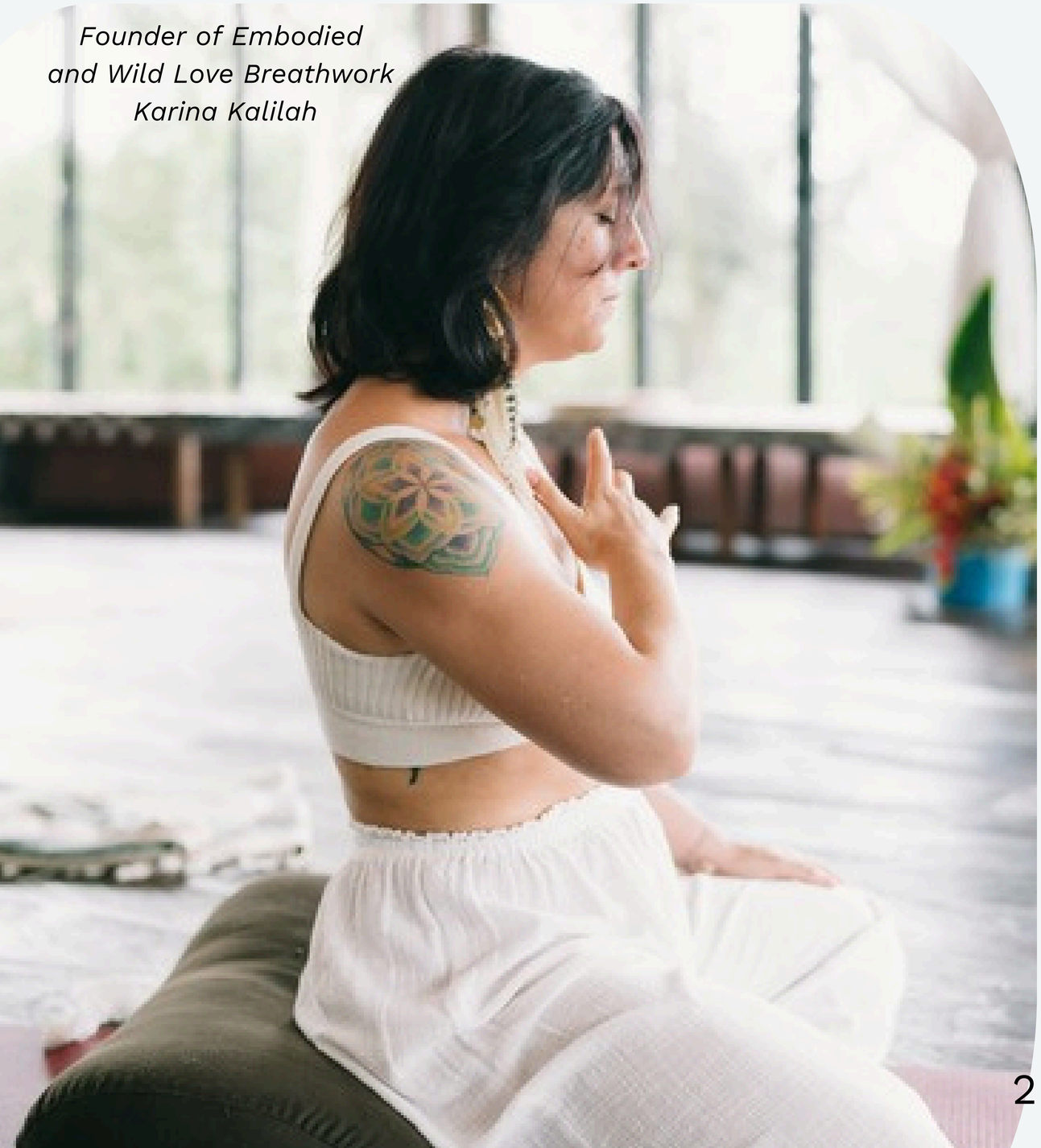
KATHY·O
TAKE ACTION • CREATE CHANGE

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

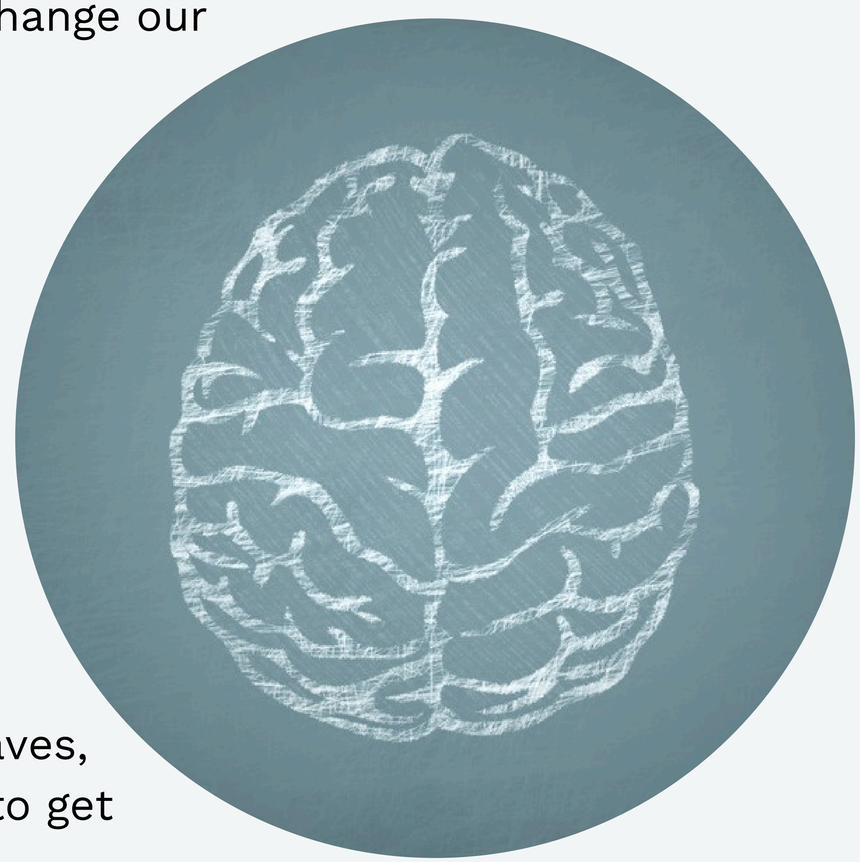
According to research by Stanford University, breathwork is by far more effective than meditation for reducing stress and anxiety. Here's why: Meditation is watching your breath. Breathwork is different.

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. If you're feeling overwhelmed take deep, slow breaths. 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 to get better signal 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

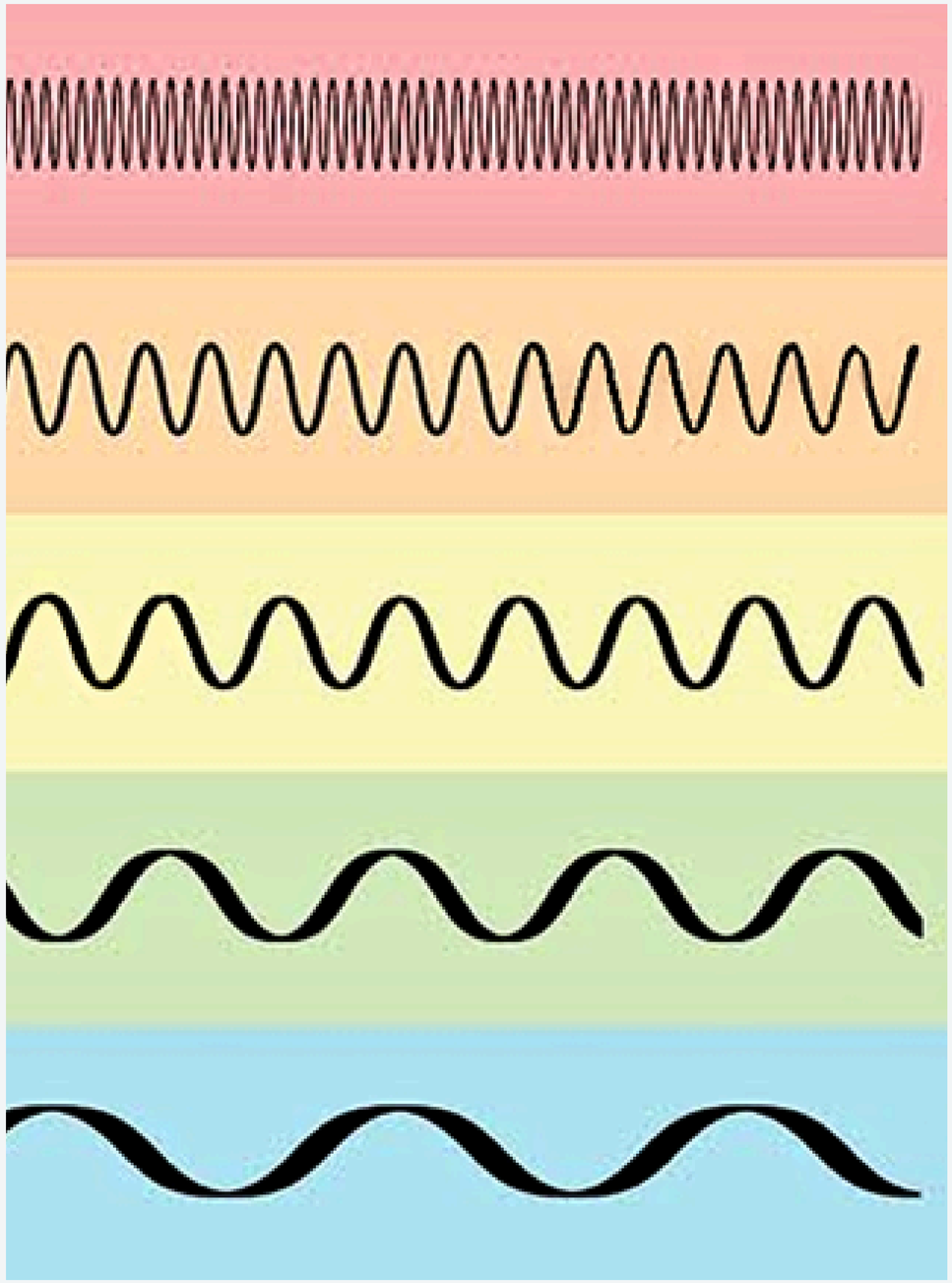
MEDITATION
CREATIVITY
RELAXATION

Theta Waves
4-8 HZ

VISUALIZATION
TRANCE
DREAMING

Delta Waves
0.5-4 HZ

DEEP SLEEP
TRANSCENDENCE
RESTORATION



BY KATHY OZAKOVIC

Founder of NuFit Wellness
Mentoring & Coaching
Kathy Ozakovic

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, faced with another fork, I could choose to ignore my new awareness, or to live consciously. I went all in again. 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, and 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.



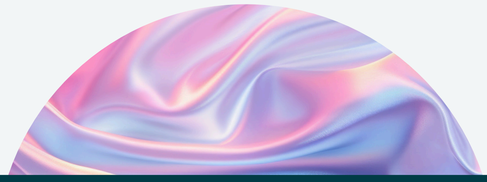
Breathing Styles:

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 (founded by Karina Kalilah, Kathy O's Breathwork teacher) 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



Bringing conscious awareness to the breath

BREATHWORK

You work the breath, until the breath works you

BY KATHY OZAKOVIC

Conscious Connected

HOLOTROPIC
mouth breathing
founded by
Stanislav Groff

MORE

Shamanic
Ancient Indigenous

Pranayama

REBIRTHING
nose breathing
founded by
Leonard Or

Embodied
passive breath out
founded by Karina Kalilah

Wild Love
active breath out
founded by Karina Kalilah

Conscious Controlled

FUNCTIONAL
Athleticism
Rehabilitative

MORE

Pranayama
Ancient Indian

Tummo
Tibetan Buddhist

WIM HOF
Cold exposure

and more...

Simplified concept diagram by Kathy Ozakovic, there are other types and schools of breathwork that have been born out of the main branches, highlighted are offerings by Kathy O

Breath: the element of air that gets everywhere

Breathwork is the use of breath awareness and conscious breathing for personal healing, growth, and transformation in mind, body and spirit. It is a type of psycho-somatic therapy, a **self-help**, **self-healing** method of **alternative medicine**. It is not something new - it is ancient, the original way to wellness.

Every physiological, psychological and emotional state we experience has a corresponding breathing pattern. By changing our pattern of breathing we change the pattern of the information being sent to the brain and regulate our: Emotions, Perceptions, Thoughts, Decisions and Behaviours.

Through breathwork, when we speed up and slow down our breathing we activate the Sympathetic and Parasympathetic Nervous System. Breathwork is a tool we can use to optimise the stress response, improve the body's detoxification processes, reconnect with intuition, support the body and mind to heal trauma.

THIS IS CHANGING THE WAY THE WORLD MOVES.

If you've been put off by cathartic releases you've seen associated with breathwork, let this be your invitation to a different way: **The Embodied Breath way**. Healing can be fun, playful, gentle and is always empowering. The breath is safe; the mind needs to be reminded it is safe. The styles of Breathwork we guide clients with, founded by my Breathwork teacher Karina Kalilah, born from her personal Conscious Connected Nose Breathing Rebirthing Breathwork practice:

- Embodied Breathwork
- Wild Love Breathwork

Why fight fire with fire?

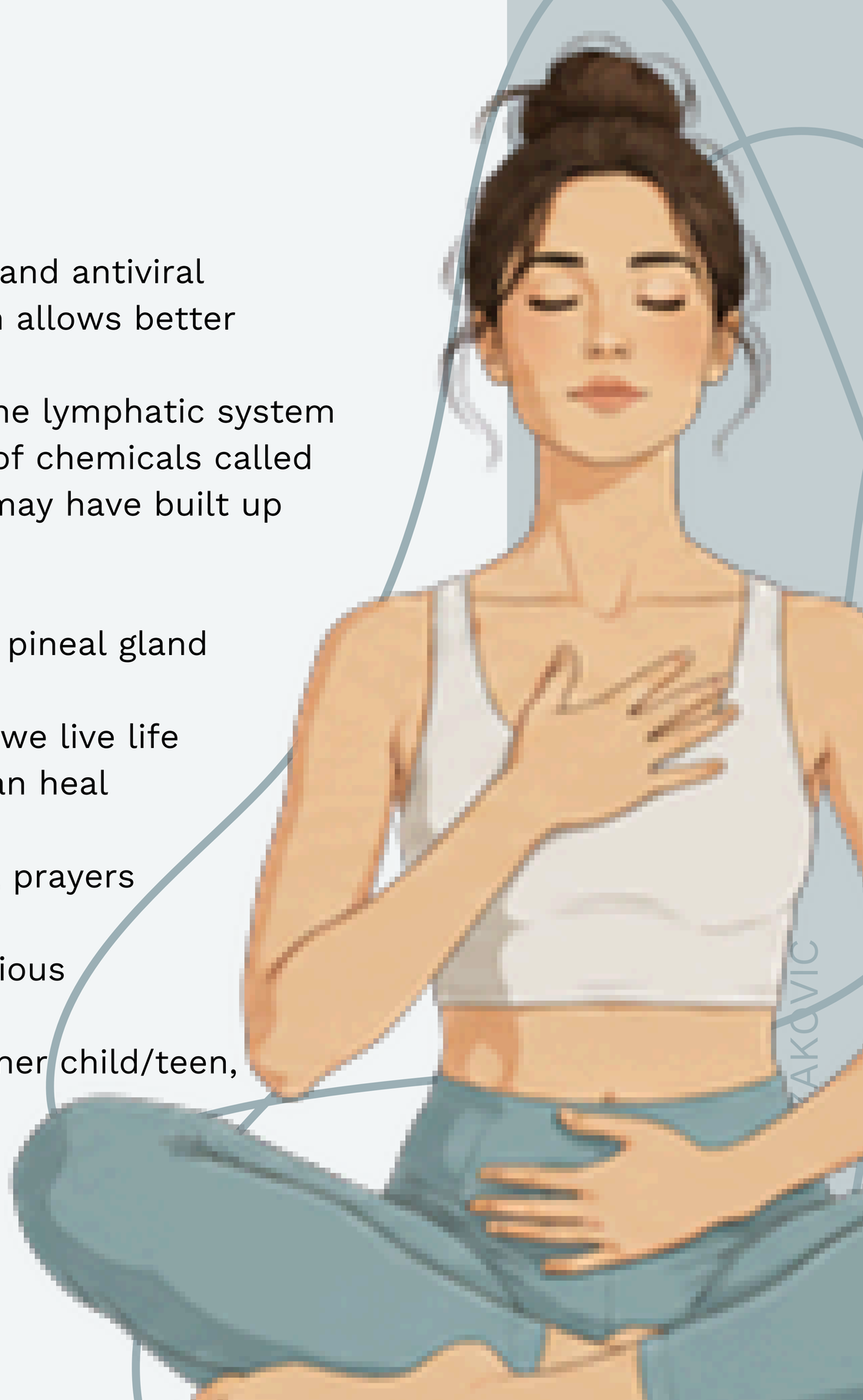
Our modern day lifestyles have us operating in the Sympathetic state, often stuck here without downregulating. It is time to relearn how to use our Parasympathetic Nervous System which is responsible for our digestion, immune system, thyroid function and reproductive system. This shift will enable our 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 nose breathing is antibacterial and antiviral
- Nose breathing creates a build up of Nitric Oxide which allows better athletic performance, a healthier body
- Breathwork 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
- Nervous System regulation
- 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, parts integration
- 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:

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

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

45min – 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, actions to take, affirmations to work with between sessions.

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 fight/ flight/ freeze/ flop/ fawn to a state of peace and calm.

Your practitioner supports you in processing emotional events, integrating experiences and moving beyond the happenings with new solid foundations, and faith. In psychology this is called **Post Traumatic Growth (PTG).** It is a practice beyond building resilience also called Anti-Fragility where the individual chooses to use the difficult experience to become a better version of themselves. This takes time and rest. Just like muscle tears at the gym take time to recover and grow back stronger, we need the right environement for PTG.

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 to your trusted breathworker. Some things are not meant to be faced 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 to 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 bretahwork 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 sigh, the double breath in through the nose and long exhale out through the mouth
- 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 focus on 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. 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 such 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 feeling 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.

BY KATHY O

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.





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 theobrimine, 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.

BY KATHY OZAKOVIC

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.



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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.

BY KATHYOZAKOVIC

Supernatural electolytes

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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.



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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.

BY KATHY OZAKOVIC

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.

ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Coaching and Mentoring 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, 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’ using the Nervous System Embodiment Tool and Dynamic Embodiment Integration Model coined by Kathy O. This may lead 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™, Flow To Wellness For Women™, Burnout 2 Blessing Method, Inner Mastery Model, and The TACC Strategy™ 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”.

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with Kathy O and NuFit Wellness

Kathy O xx

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