

Keleigh Walbrecht - Breath and Wellness Facilitator

WHAT TO EXPECT AFTER BREATH WORK

STRONG EMOTIONS

You may notice that you are feeling strong emotions for the day or so after your session. Know that this is completely normal. Take this time to be gentle with yourself- journal, implement some grounding practices such as getting outside barefoot, meditating, or taking an epsom salt bath. If you are still feeling strong surges of emotions a while after your session, we have some great, trustworthy references that you can reach out to.

REFERENCES

People we love and trust

Women's Therapist:
Cassie Brown
801-400-2609

Somatic Practitioner:
Soma-well.com
Jasmine Aldrich
Jasmine@soma-well.com

Men's Life Coach:
Daniel Childs
805-621-2106

Reiki/Chakra Alignment:
Tara Childs
805-714-8886

Men & Women's Therapist:
Heather Johnson
801-787-1438

Life Coach for Women:
Kailli Jacobson
Goodthoughtsrising@gmail.com

HUNGER

Almost everyone is hungry after their breathwork session. Not surprising because it is work! Eat some nourishing food that will give your body some clean fuel.

TIREDNESS

Sometimes, we can be left feeling a little physically tired, and this may feel similar to when you do a detox. This is especially common when you have had a big energy release during the session. Rest, get to bed early, and allow your body to restore and rejuvenate.

SORENESS

Breathwork is like fitness training for your lungs! Because of some of the bodily changes that occur, you may be a little sore the next day. This is very normal and light stretching can help.

