

# Home Practice Circular Breathing



*Practice Circular Breathing daily for one week as preparation for sharing it with parents.*

Since this is one of the most detailed pain coping teachings, you may wish to practice this with a friend or a family member first.

When you feel you have a good understanding and integration of the process, find a pregnant parent and their partner (or birth support person) who are interested in learning a powerful pain coping practice.

Teach a pregnant parent and their partner Circular Breathing and record the session. Be sure to gain permission to record yourself teaching. After your session, share on the online forum about one thing that you think went well and one thing you would do differently next time.



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