



Mindfulness for Breathwork Techniques

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1. **The Purpose of Mindful Breathing**
 - a. Releasing stagnant energy and negative thoughts
 - b. Recharging with fresh energy
 - c. Circulating energy to feel empowered
 2. **The Meaning of Mindful Breathwork**
 - Breathing with awareness and sensing within your body
 3. **Three Steps of Breathwork**
 - a. **Point Breathing to Release**
 - i. Breathe while focusing on each point 5–10 times
 - ii. Focus areas: temples, throat, base of the skull, shoulders, armpits, heart, solar plexus, lower ribcage, waist, lower back, hip joints, and thighs
 - b. **Chakra Energy Breathing to Recharge**
 - i. Breathe while performing energy exercises with your palms in front of each chakra
 - ii. Focus on:
 - 6th chakra (forehead)
 - 5th chakra (throat)
 - 4th chakra (center of the chest)
 - 3rd chakra (solar plexus)
 - 2nd chakra (lower abdomen)
 - 1st chakra (base of the torso)
 - 7th chakra (top of the head)
 - c. **QiGong to Circulate Energy**
 - i. Breathe while holding a QiGong posture
 - ii. Perform DahnJon breathing (centered in the lower abdomen) with three postures:
 - Hands on the lower abdomen
 - One hand in front of the 6th chakra, the other hand in front of the lower abdomen, palm up
 - One leg stretched out, the other bent at 90 degrees, arms open with palms facing outward
- Recommended Breathwork for a Healthy Life: Circulatory breathing, releasing breath, and recharging breath