



## Mindfulness for Breathwork Techniques

March 31, 2025  
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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
  - o 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

- o Recommended Breathwork for a Healthy Life: Circulatory breathing, releasing breath, and recharging breath