



marina@womenwhobreathe.com

**Custom Breathwork Audio Track MP3**

(You can download this file to your laptop or phone)

**Spotify Playlist Link**

(You can save this playlist with your Spotify profile for easy access)

To enjoy this Breathwork Practice - open both the audio track + the playlist on your device.

**The beginning 1 minute 30 seconds of the audio is an introduction.**

**At the 1.5 minute mark on the audio file, you can hit play on the Spotify playlist.**

This playlist is evocative and cathartic. While you are welcome to use your own music, this playlist is specifically crafted for the progression of this breath practice. There are different breath patterns and breath holds at different points in the audio, and the playlist supports their sequence.

**Please read the second page of this document fully for important contraindications as this practice is not supportive of everyone. By choosing to participate, you acknowledge you're doing so voluntarily and taking full responsibility for your own experience.**

I'm always open to your feedback and suggestions of what you'd like to see in the future. Send me a note to [marina@womenwhobreathe.com](mailto:marina@womenwhobreathe.com) with how you feel and what you enjoy with this practice.





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## Important Safety Information & Contraindications

Please read before beginning your breathwork practice with any audios from WomenWhoBreathe.com.

This 25-minute audio session includes **conscious connected breathing**, **breath holds**, and brief **Wim Hof-style sequences**. While it is a gentle and accessible session for most people, **breathwork can activate strong physiological and emotional responses**, and it is **not suitable for everyone**. Your safety is the most important priority.

### Contraindications — Please do not practice this breathwork if you:

- Are **pregnant**
- Have a **history of cardiovascular disease** (including high blood pressure that isn't controlled with medication)
- Have a **history of seizures, epilepsy, or fainting**
- Are diagnosed with **bipolar disorder, schizophrenia**, or have experienced **psychosis**
- Have **severe PTSD** that is currently unregulated
- Have had recent **surgery** or a serious physical injury
- Are under the influence of **alcohol** or recreational drugs
- Are in **water** (please don't practice breathwork in a bathtub, sauna, cold plunge, or while driving)

If you have any medical or mental health concerns, please **consult your physician or licensed healthcare provider** before trying this or any breathwork practice.

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### Important Guidelines for Safe Practice

1. **Always practice in a safe, lying-down position.**  
Do not practice while driving, operating machinery, or standing.
2. **Create a distraction-free space.**  
Choose a quiet, comfortable environment where you won't be interrupted.
3. **Listen to your body.**  
If you feel lightheaded, dizzy, or overwhelmed, **return to slow, natural breathing** through the nose and **pause the practice**. It's okay to take breaks or stop entirely.
4. **Stay connected to the present moment.**  
You are always in control. This practice is an invitation, not a demand. There is no "right way" to do it — just your way.



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**5. Integration matters.**

After breathwork, give yourself time to rest, journal, drink water, and reflect. Breathwork can stir deep emotions – this is normal and often healing. Be gentle with yourself afterward.

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**If you are unsure if this practice is right for you, please reach out or speak with your healthcare provider.**

By choosing to participate, you acknowledge you are doing so voluntarily and accept full responsibility for your experience.

For any questions you are always welcome to email [marina@womenwhobreathe.com](mailto:marina@womenwhobreathe.com).