Pranayama & Breathwork, a journey with breath

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When I was first inspired by western yoga to teach the difference between pranayama and Breathwork my rough draft title read: Pranayama vs Breathwork. I can be very competitive and aggressive at times. In this corner, we have the western lightweight on the average two-minute pranayama verses the one to three-hour conscious connected breathing heavyweight Breathwork. In my five hundred plus hours of yoga training only a very small percentage of it was devoted to pranayama. So, I personally dove into pranayama, the fourth limb of yoga, disciplined myself with a daily practice and I changed. Forty-five minutes of any one of the pranayamas changed my ignorant attitude and I softened my approach with a new understanding, experience and appreciation of the ancient art of pranayama. I love my breath. It has been one of my main entertainments since I was a small child. Even in the mid-years of my life, conscious breathing exercises are still revealing sub or superconscious pieces of my total self. As I breathed each of the pranayamas without much expectation my ego was caught off guard. It had learned how to defend itself against my regular Breathwork practices keeping its small self intact. The extended pranayama practice was surprisingly pleasant and gave me a new appreciation and respect for the power of our breath. It is my hope that this workshop/talk shines a loving light on the wonderful practice of conscious breathing and the healthy benefits pranayama and Breathwork have to offer. Enjoy the journey. Life is an adventure.

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