Rebel health

SOMATIC SELF DISCOVERY

Breathing for Nervous System Regulation:

Simple Breath Techniques to Reduce Stress, Calm Anxiety, Improve Sleep, and Return Your Body to a State of Healing & Vitality.

ĀNIMĀ

In partnership with

to think about

"The quality of your breath determines the quality of your life."
Thich Nhat Hanh, Buddhist Monk & Spiritual Teacher

“Improper breathing is a common cause of ill health. If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly.

There is no single more powerful – or more simple – daily practice to further your health and well-being than breathwork.

Practicing a regular, mindful breathing exercise can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders.”
Dr. Andrew Weil, Integrative Medicine Pioneer & Author

"If you want to conquer the anxiety of life, live in the moment, live in the breath."
Amit Ray, Indian Author & Spiritual Teacher

“By changing patterns of breathing we can change our emotional states, how we think, and how we interact with the world.”
Dr. Patricia Gerbarg, Harvard-trained Psychiatrist

The Power of BREATHING

It is universally accepted among researchers, doctors, spiritual teachers, and therapists that the breath has the power to quickly and significantly shift our mental, emotional, and physical state.

This is actually something we learn at a young age - but tend to forget as adults. (Was anyone instructed to take 3 deep breaths, or count to 10 when upset as a child?)

In fact, this has been understood for thousands of years - and it's a large piece of the puzzle when it comes to understanding the calming effects of ancient/traditional prayers, mantras, and other practices.

Both the Catholic rosary prayer (in Latin) and the timeless yoga mantra "om-mani-padme-hum", when recited at the intended rate and volume, results in a respiration rate around 6 breaths per minute - which has been determined as ideal for nervous system balance and optimal heart rate variability (HRV).

It is even believed by some scholars that the lengthy repetition of mantras and prayers may have evolved as a way to slow respiration, induce relaxation, and enhance concentration.

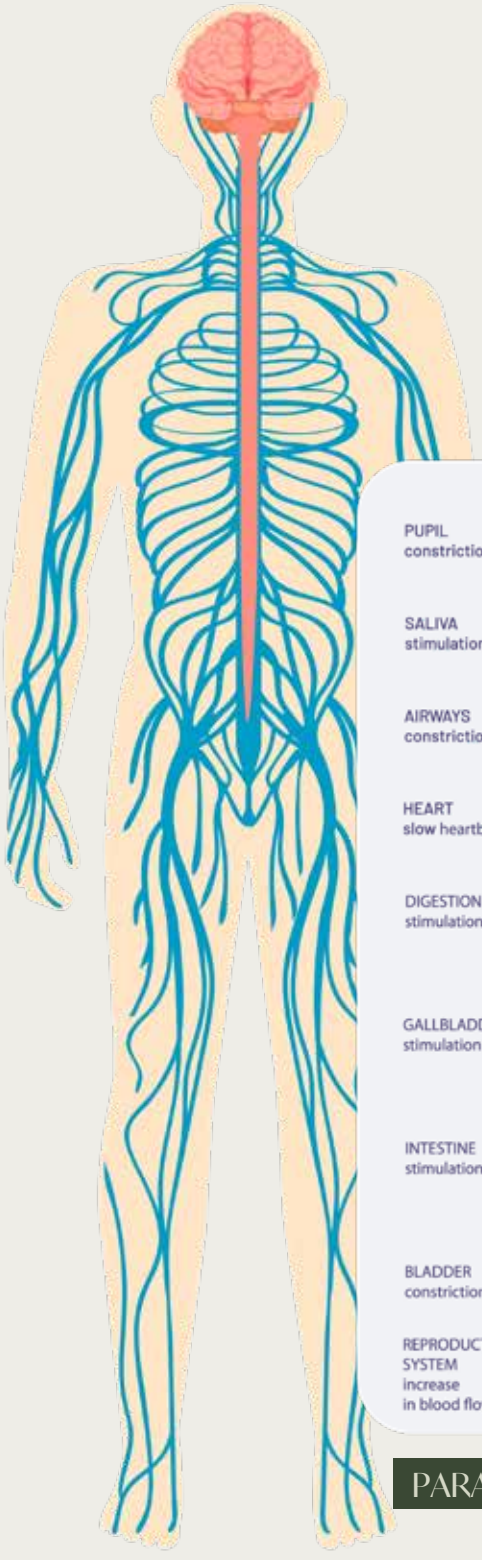
This is in addition to the ancient breathing-focused practices that have served as the basis of Eastern traditions for millenia - which have been roundly validated as beneficial by modern Western science.

As you will learn in this eBook, it's not only intentional breath practices that influence our state - but the way we breathe while going about our day and sleeping that can have a significant impact on our physical, mental, and emotional well-being.

And to tie it all together, it is believed that much of the benefits related to certain ways of breathing and intentional breath practices is due to the response of the nervous system, and the subsequent shift into a more relaxed state.

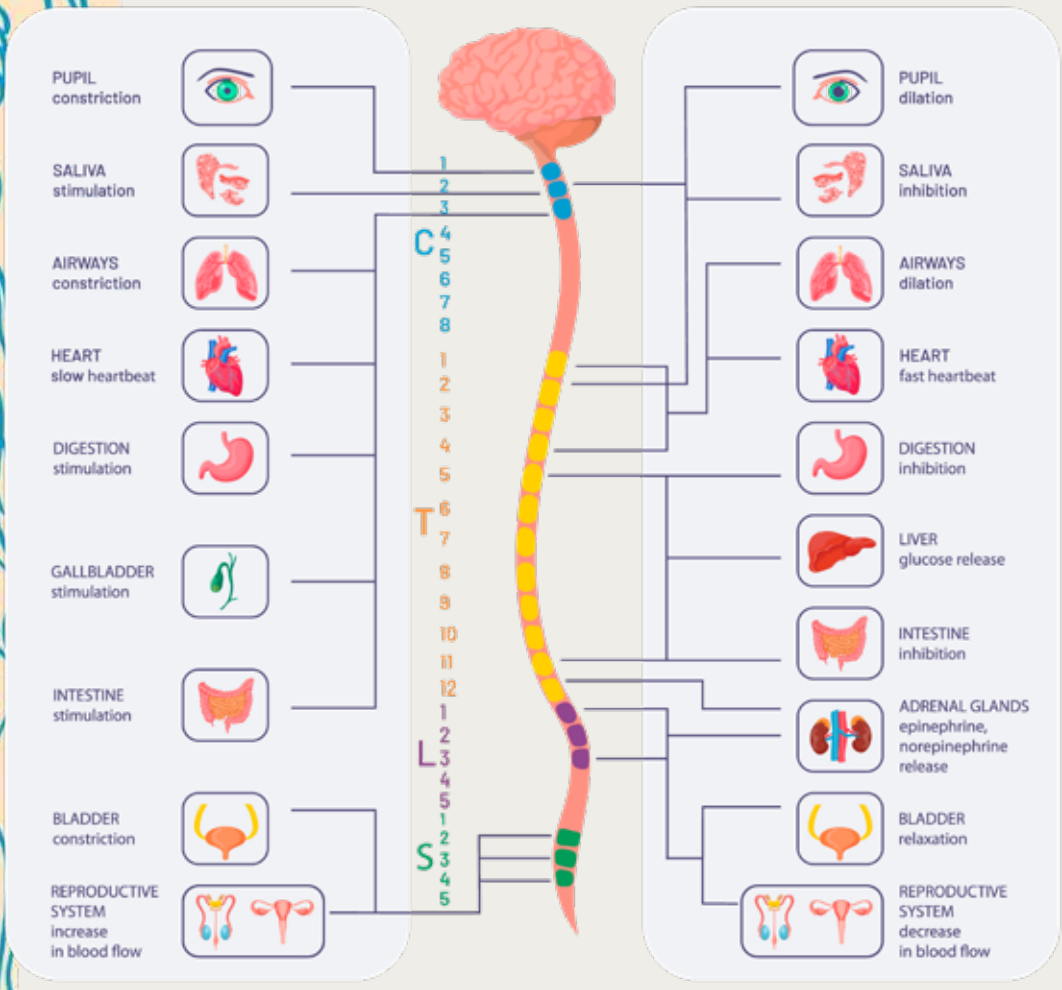
So let's find out exactly how this all works, so you can learn how to use the breath to bring more calm, balance, grounding, and resilience into your life.

Understanding the Nervous System



First, let's gain a very basic understanding of how the nervous system works - and what's going on when our body gets stuck in a state of stress, danger, or shut down.

The Autonomic Nervous System consists of two main branches - the Sympathetic Nervous System (think "fight or flight") and the Parasympathetic Nervous System (often referred to as "rest and digest", but there's more to it than that…).



PARASYMPATHETIC

SYMPATHETIC

The Sympathetic Nervous System (SNS) is activated when we're under stress or in perceived danger - but it's also activated by certain wavelengths of light, temperature extremes (cold plunge/saunas), when our blood sugar or oxygen levels are low, caffeine and other stimulants, acute pain, physical exercise, and the way we breathe.

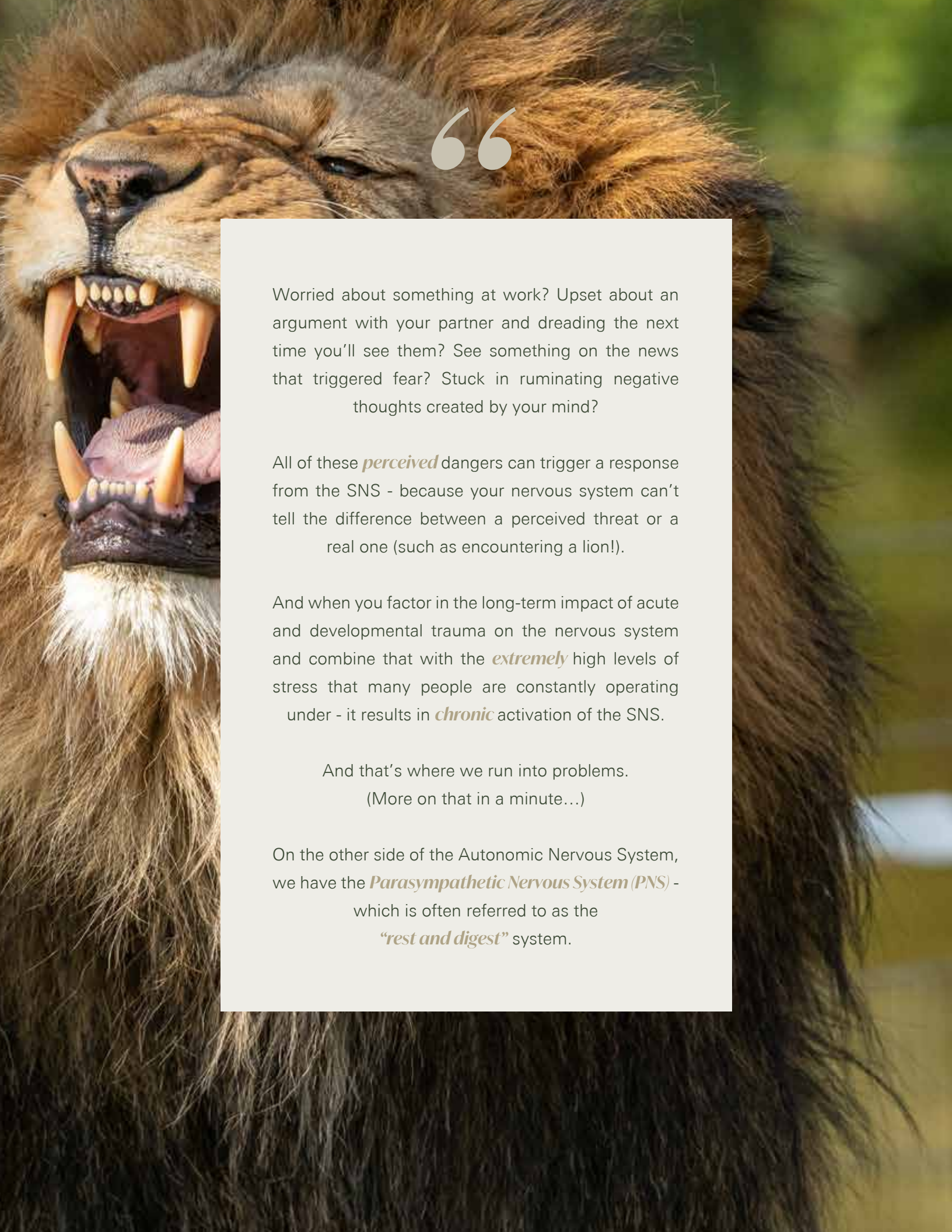
When the SNS is activated, we experience the following changes to our physiology:

- Release of stress hormones, such as adrenaline, noradrenaline, and cortisol
- Dilated pupils
- Decreased salivation
- Decreased digestive activity
- Increased blood glucose levels
- Increased heart rate
- Increased blood pressure
- Increased sweating
- Blood directed into the muscles
- Increased respiration/breathing rate
- Changes in immune system function
- Increased systemic inflammation
- Feelings of nervousness, agitation, or anxiety

Now you may read that list and think "this is obviously bad, so we should make sure our SNS is never activated". First, that's impossible… and second, you would not actually want to do that. In fact, a responsive SNS is essential to our survival and ability to navigate the world.

We want the SNS to respond when it's needed, and to then switch off when the demand, danger, stress, stimulus, etc… has subsided. The problem is that we've created a world - a culture, a way of life, a society that results in constant activation of our stress response.

And remember, it doesn't have to be actual danger to trigger the SNS to jump into action - it's perceived danger.



Worried about something at work? Upset about an argument with your partner and dreading the next time you'll see them? See something on the news that triggered fear? Stuck in ruminating negative thoughts created by your mind?

All of these ***perceived*** dangers can trigger a response from the SNS - because your nervous system can't tell the difference between a perceived threat or a real one (such as encountering a lion!).

And when you factor in the long-term impact of acute and developmental trauma on the nervous system and combine that with the ***extremely*** high levels of stress that many people are constantly operating under - it results in ***chronic*** activation of the SNS.

And that's where we run into problems.
(More on that in a minute…)

On the other side of the Autonomic Nervous System, we have the ***Parasympathetic Nervous System (PNS)*** - which is often referred to as the ***"rest and digest"*** system.

The Rest & Digest SYSTEM

And that name is accurate, as the PNS is dominant during periods of rest, repair, recovery, and digestion. As the counterbalance to the SNS, the PNS requires perceived safety in order to be activated.

When the PNS is activated, we experience the following changes to our physiology:

- Decreased respiration/breathing rate
- Decreased heart rate
- Decreased blood pressure
- Reduced/balanced blood glucose levels
- Low levels of stress hormones
- Improved creativity
- Blood flow to gut/organs (instead of muscles)
- Improved cognitive/thinking capability
- Improved immune function/balance
- Reduced inflammation
- Optimal digestion

When you read this list, you're probably thinking the goal should be to be in a parasympathetic state all the time, right?

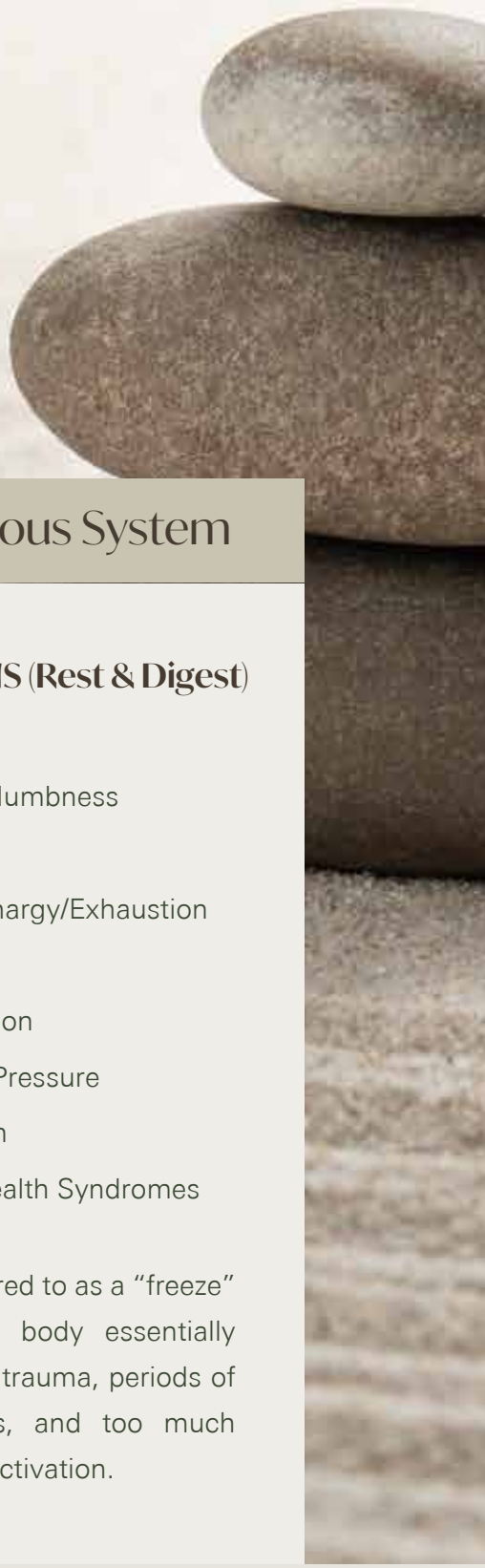
WRONG.

If we have too much activation of either the SNS (fight or flight) or PNS (rest and digest), there are consequences and unwanted symptoms.

So how does that happen? How do we get "stuck" on one side or the other?

Let's Explore

Two major contributors to a dysregulated (unable to balance) nervous system are chronic (perceived) stress and unresolved trauma. So let's explore what it may look like if you find yourself with an unbalanced nervous system.



Signs & Symptoms of a Dysregulated Nervous System

Overactive SNS (Fight or Flight)

- Anxiety/Panic
- Insomnia
- Chronic Pain
- Reactivity/Rage/Anger
- Easily Startled
- Restless
- Hypervigilant
- High Blood Pressure
- Poor Digestion
- Inhibited/Imbalanced Immunity
- Chronic Inflammation
- Hormone Imbalance
- Increased Heart Disease, Stroke
- Premature Aging

Overactive PNS (Rest & Digest)

- Dissociation
- Emotional Numbness
- Depression
- Fatigue/Lethargy/Exhaustion
- Flat Affect
- Poor Digestion
- Low Blood Pressure
- Chronic Pain
- Complex Health Syndromes

This is often referred to as a "freeze" state, when the body essentially shuts down after trauma, periods of too much stress, and too much nervous system activation.

As you can see, too much activation of either branch of the autonomic nervous system is going to create problems - so what we're looking for is balance.

We want a nervous system that responds to a threat, or activates when needed for exercise and physical activity - but then can discharge that activation energy and return back to a parasympathetic resting state.

A perfect example of this in the natural world is when an animal will shake or tremor for some time after escaping a predator. All of that survival energy is released via the involuntary shaking - and the animal is then able to carry on with life without being "traumatized" by the experience or becoming "stuck" in an activated state.

In today's world, however, we not only don't "shake it out" - we'll sit and ruminate over it

Without skills, tools, and practices to release this activation energy and bring balance back to our nervous system - we end up tired, wired, sick, and bouncing between states of anxiety and exhaustion.

Sound FAMILIAR?

Remember, the nervous system responds to thoughts, think about it, worry about it, get angry about it, etc... etc... (whatever "it" may be) while being bombarded with social media notifications, stressful news, work pressure, and a million other potential sources of SNS activation.

How Breathing Affects the Nervous System

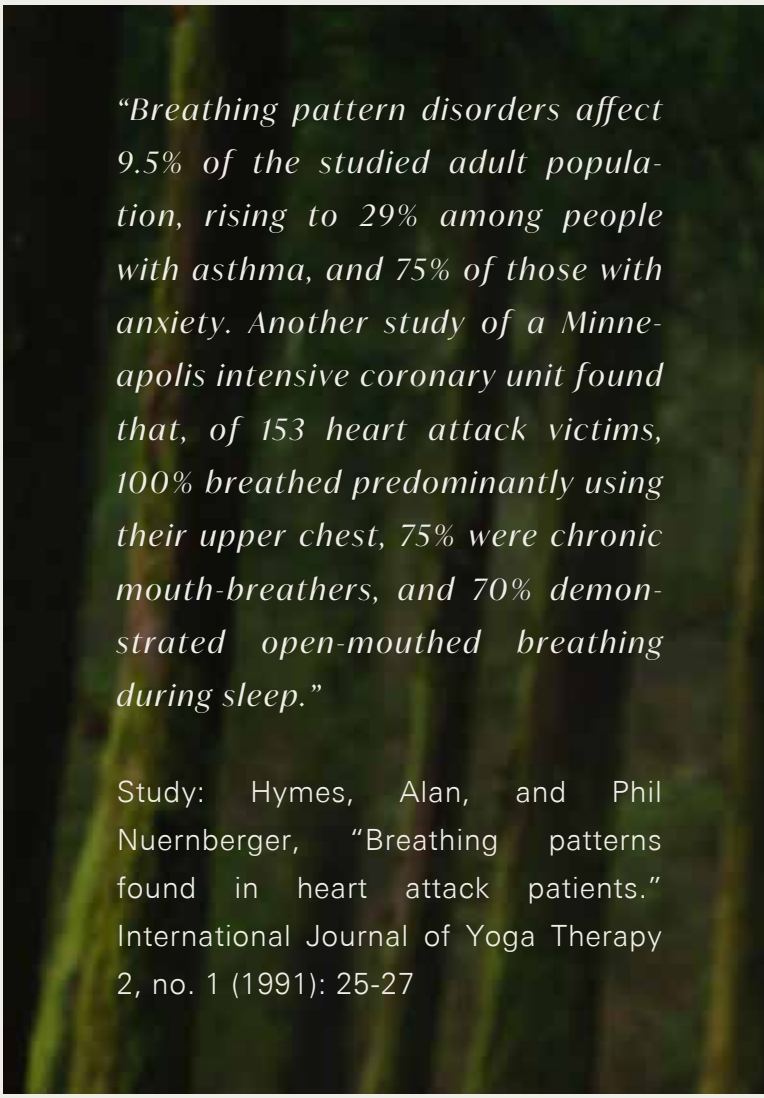
Our breath has an intimate relationship with the state of the nervous system. In fact, it may actually be the fastest and most effective way for you to shift your state and regulate your nervous system.

For example, if you begin breathing faster, into the upper chest only, particularly in and out through your mouth - you will activate the Sympathetic Nervous System (fight or flight).

Unfortunately, there is a "loop" that we tend to get caught in when it comes to stress and the breath. You see, SNS activation causes the breath to speed up - which, in turn, triggers more SNS activation.

This can result in a state of chronic hyperventilation, or over-breathing - just one common dysfunctional breathing pattern. Other dysfunctional breathing patterns include only using the upper chest to breathe and/or frequently holding your breath.

These dysfunctional breathing patterns are actually very common - and strongly linked to a host of mental, emotional, and physical health problems.



On the contrary, if you slow down your breathing, and take deeper, longer, lighter breaths, into the belly, particularly in and out through your nose - you will activate the Parasympathetic Nervous System (rest & digest).

So what can you notice about YOUR OWN BREATH RIGHT NOW?

Take a few minutes to sit and observe your breath. Don't change it or do anything differently, just observe how you are breathing.

- Are you breathing through your nose or mouth?
- Is your belly expanding with the breath, just your chest, or neither?
- How long is each breath? How many breaths per minute?
- Is there a pause between your exhale and inhale, or do you feel the need to inhale right away?

Becoming conscious of our breath is the first step in changing the way we breathe for improved mental, emotional, and physical health.

Here's an invitation to make these check-ins part of your day. Perhaps first thing in the morning, on your lunch break, before dinner, and before bed.

Notice how your breathing shifts throughout the day based on your level of stress, your state of mind, and many other factors. (Including your previous night's sleep!)

Heart Rate Variability & Coherence

It’s possible you’ve heard of something called Heart Rate Variability (HRV). It has become quite a hot topic in the wellness field over the last 10 years, and for good reason.

HRV is a measure of the variation in time between each heartbeat, which is controlled by the autonomic nervous system. It is not simply the heart rate or the number of beats per minute, but rather the variation in the intervals between heartbeats.

A higher HRV typically indicates a healthy balance between the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of the autonomic nervous system. It reflects the body's ability to adapt to stress, maintain balance, and recover.

On inhales (which stimulate the SNS), our heart rate should slightly increase, and on exhales (which stimulate the PNS), our heart rate should slightly decrease. (This is HRV.)

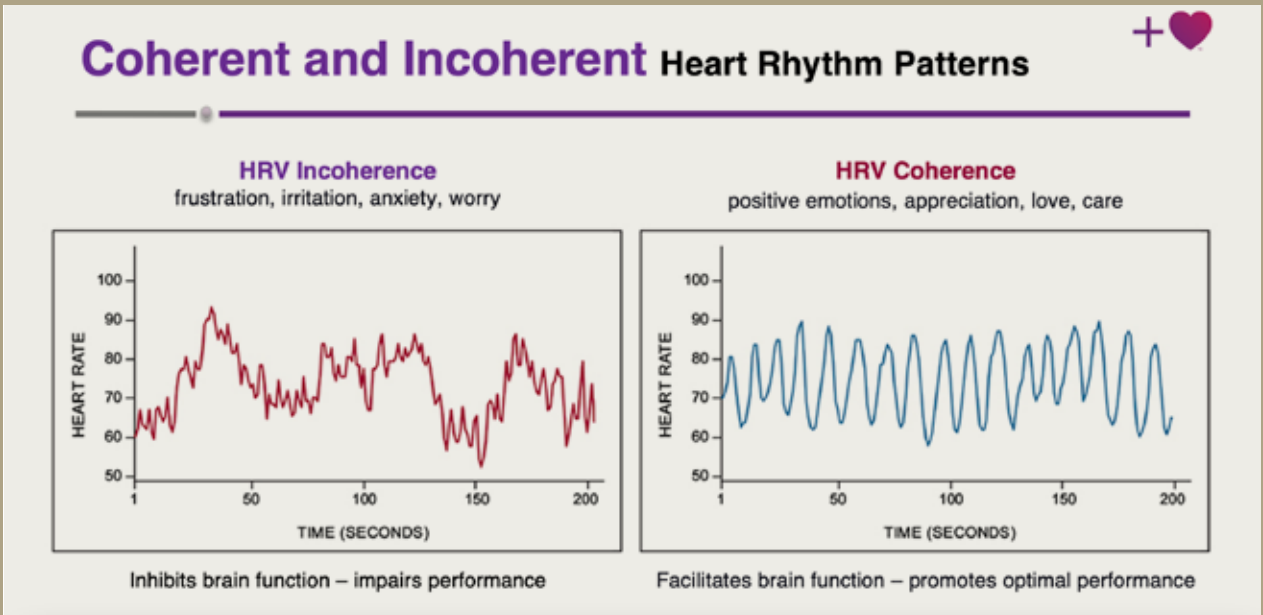
HRV is often used as an indicator of stress levels, recovery status, and overall cardiovascular health. Several companies today utilize HRV data to provide insights into an individual's stress and recovery levels, guiding them towards better stress management, improved sleep quality, and overall well-being.

Check out the specific breathing practice to increase coherence later in this guide!

To take this a step further, the team over at HeartMath - who has been performing amazing studies on, what they refer to as, coherence.

In this context, the term "coherence" is a specific state in which the heart, mind, and emotions are in energetic alignment and cooperation. This state is identified by a smooth, wave-like pattern in the heart's rhythm, which HeartMath and its devices measure using HRV analysis.

The state of coherence is associated with increased mental clarity, emotional stability, and peak performance. It is typically achieved through techniques that involve intentional shifts in one's emotional state and focused breathing.



The Truth About Oxygen & Carbon Dioxide

FORGET WHAT YOU THINK YOU KNOW!

We all know that oxygen is good and carbon dioxide is bad, right? That having more oxygen in the blood and less carbon dioxide is good. That we should take big, huge, full breaths all the time to make sure we're getting as much oxygen into our tissues as possible. That carbon dioxide is a waste gas.

What if I told you that all of this is... WRONG?

What if I told you that most people are actually over-breathing, which results in too much oxygen in the blood, and not enough CO2, which (because CO2 drives oxygen into tissues) leaves their tissues under-oxygenated and functioning in a sub-obtimal way.

What if I told you that this over-breathing was found in over 75% of people with anxiety?

Well... you're probably just as surprised as I was to learn these facts.

CO2 is *absolutely not* a waste gas.

It's not good to take big, huge, loud, full breaths all the time. And it's not good to have minimal CO2 in the blood - because that would mean very little oxygen is getting into your tissues!

Chronic overbreathing has, in fact, been linked to an increased risk of almost all chronic health conditions, as well as poor exercise recovery, suboptimal athletic performance, and increased nervous system activation!

WHY?

Because we're slowly being starved of oxygen when we over-breathe.

Don't take my word for it. Feel free to do more research on this.
I'd start with the books and work of Patrick McKeown, internationally-renowned author and teacher who has made it his personal mission to re-educate the world on proper breathing mechanics.

So what does optimal breathing for nervous system balance and optimal physical, mental, and emotional health actually look like?

Let's find out...

Breathing for Nervous System Balance & Optimal Well-Being

So we've covered basic nervous system physiology, how the breath can influence the state of our nervous system and heart rate variability (HRV), and the truth about oxygen and carbon dioxide.You've learned what dysfunctional breathing patterns tend to look like, and how an activated nervous system (SNS) state can actually land us in a loop of short, fast, shallow breathing - which contributes to more stress, and so on and so forth…

So now let's talk about what optimal breathing for nervous system balance and optimal physical, mental, and emotional health actually looks like.

NOSE BREATHING VS. MOUTH BREATHING

The nose is for breathing, and the mouth (outside of during intense exercise) is designed for eating and drinking. Going against this will result in poor results.

In addition to providing filtration, humidification, and warming of the inhaled air, nose breathing increases nitric oxide production (increases oxygen delivery), oxygen uptake into the blood, reduced sleep apnea/snoring, improved mental focus, clarity, and calmness, and many other benefits.

If this were the only thing you take away from this entire eBook (to breathe through the nose), then you'd be well on your way!

Nasal breathing also encourages deeper, diaphragmatic breathing, which can activate the parasympathetic nervous system - promoting relaxation and stress reduction.

OPTIMAL RESPIRATION RATE

Let's revisit your own breath

As mentioned back at the beginning of the eBook, the optimal respiration rate is between 5-6 breaths per minute. That works out to 5 to 6 seconds per inhale and 5 to 6 seconds per exhale - without any pause in between

How many breaths did you take in a minute?

Set a timer for 1 minute and then just breathe naturally - trying not to adjust or consciously control your breathing rate.

Diaphragmatic Breathing

Diaphragmatic breathing, also known as abdominal or belly breathing, is a deep breathing technique that engages the diaphragm, a large muscle located at the base of the lungs. This method focuses on fully engaging the diaphragm and expanding the abdomen during inhalation, rather than shallow breathing that expands only the chest.

Known benefits of diaphragmatic breathing include:

- Stress reduction & reduced cortisol
- Improved mood
- Reduced anxiety
- Activation of the
- Parasympathetic Nervous System (PNS)
- Improved oxygen exchange
- Reduced blood pressure
- Improved focus and concentration
- Reduced pain and muscular tension
- Improved overall sleep quality

And there are many more. This is the way our body is designed to breathe. If you watch a baby breathe, you will see the belly rise and fall with each breath.

It's not until we get stressed out, learn bad habits, and fall into bad posture that we stop breathing in this way and resort to shallow, fast breathing through the mouth. Check the breathing exercises in the next section for instructions on basic diaphragmatic breathing.

Breathing Practices for Nervous System Balance & Improved Mental, Emotional, and Physical Well-Being

Breathing Practices

The following practices may help you regulate your nervous system, reduce anxiety, improve sleep, increase natural energy, and shift your body into a state which invites healing on the mental, emotional, and physical level.

The invitation is to try them all, see which feel good to you, and incorporate them into your daily life.

Even 5-10 minutes per day (or when you're noticing that you are triggered, activated, anxious, etc…) can make a big difference over time.

As always, consult with your physician before beginning any new practices to make sure it's okay for your unique health situation.

Basic Diaphragmatic Breathing

The benefits of conscious diaphragmatic breathing have been documented for hundreds of years - and include reduced stress, parasympathetic nervous system activation, improved vagal tone, improved digestion, reduced anxiety, and many more. *Here are some instructions for a basic diaphragmatic breathing practice:*

1

Find a Comfortable Position: Lie down on your back on a flat surface. Place a pillow under your knees for support if needed. Alternatively, sit in a comfortable chair with your feet flat on the ground. Ensure your shoulders are relaxed and your spine is in a neutral position.

2

Hand Placement for Awareness:
Place one hand on the center of your chest and the other on your abdomen, just below your rib cage. This will help you become more aware of the movement of your diaphragm and the expansion of your torso.

3

Focus on Relaxation:
Close your eyes and take a moment to relax. Consciously release any tension in your body, especially in your jaw, neck, and shoulders.

4

Inhale Slowly:
Slowly inhale through your nose, focusing on filling your abdomen with air. Feel your belly expand under your hand.

5

360-Degree Awareness:
As you continue to inhale, be aware of the expansion happening not just in the belly but also along the sides of your rib cage and into your lower back. Imagine your torso expanding in a 360-degree manner – front, sides, and back.

6

Pause and Observe:
Gently pause at the end of your inhalation and observe the fullness in your torso. Feel the stretch in your ribs and the slight pressure in your back and abdomen.

7

Exhale Gradually:
Slowly exhale through your nose, feeling your belly, sides, and lower back gently fall. Focus on the sensation of release and relaxation.

8

Repeat with Consciousness: Continue this pattern for several minutes. With each breath, focus on achieving a balanced expansion of your abdomen, rib cage, and lower back. Be mindful of keeping your chest movements minimal – the movement should be driven by your diaphragm.

9

Check-In with Your Body:
Periodically, check in with your body to ensure your shoulders and neck remain relaxed. Adjust your posture if needed.

10

Gradually Increase Duration:
As you become more comfortable with this technique, gradually increase the duration of your practice. Start with 3 minutes and work your way up from there.

11

Ending the Practice:
To end the practice, take a few normal breaths and then slowly open your eyes. Take a moment to notice how your body feels.

Box Breathing w/ Extended Exhale Option

Box breathing, or a breathing pattern with equal length inhale, hold, and exhale times is a practice that is widely recommended to reduce anxiety and bring calm and grounding to the body.

The standard starting point looks like this:

- Inhale slowly, through the nose, into your belly, for a count of 4 seconds.
- Hold for 4 seconds.
- Exhale slowly, through the nose, for a count of 4 seconds
- Repeat for 3-5 minutes.

So that would look like this:

- Inhale slowly, through the nose, into your belly, for a count of 4 seconds.
- Hold for 4 seconds.
- Exhale slowly, through the nose, for a count of 6 (or 8) seconds.
- Repeat for 3-5 minutes.

**Once this feels very easy/natural, something many people find even more relaxing is to increase the length of the exhale from 4 seconds to 6 (or even 8) seconds.*

Make sure all of the breaths are slow, under control, through the nose, and that you're breathing into and out of the belly. (Check the Diaphragmatic Breathing practice for instructions if you're unclear on what that means.)

Alternate Nostril Breathing

Nadi Shodhana, also known as alternate nostril breathing, is a traditional yogic pranayama technique. It can help to balance the left and right hemispheres of the brain, calm the mind, and harmonize the prana (life energy) in the body. It is a beneficial practice for reducing stress and improving mental clarity. *Remember to breathe gently and naturally, without forcing or straining your breath.*

1

Find a Comfortable Seat:
Sit in a comfortable position with your spine straight and shoulders relaxed. You can sit cross-legged on the floor, on a cushion, or in a chair with your feet flat on the ground.

2

Prepare Your Hand:
Raise your right hand. Curl your index and middle fingers towards your palm, leaving your thumb, ring finger, and little finger extended. This is the Vishnu mudra, used for alternating nostril breathing.

3

Begin with an Exhalation:
Close your eyes and take a deep breath in and out through your nose to prepare.

4

Close Right Nostril:
Gently press your right nostril with your thumb and inhale slowly and deeply through the left nostril.

5

Switch Nostrils:
Close your left nostril with your ring finger, then release your thumb from the right nostril and exhale slowly through the right nostril.

6

Inhale Right Nostril:
Keep the left nostril closed and inhale through the right nostril.

7

Switch and Exhale Left Nostril:
Close the right nostril with your thumb, release the ring finger from the left nostril, and exhale through the left nostril.

8

Continue the Pattern:
This completes one cycle. Continue this breathing pattern for several minutes – inhale left, exhale right, inhale right, exhale left.

9

Focus on Balance and Rhythm:
Try to maintain a steady, rhythmic breathing pattern. The duration of inhalation and exhalation should be equal. With practice, you may gradually extend the length of each breath.

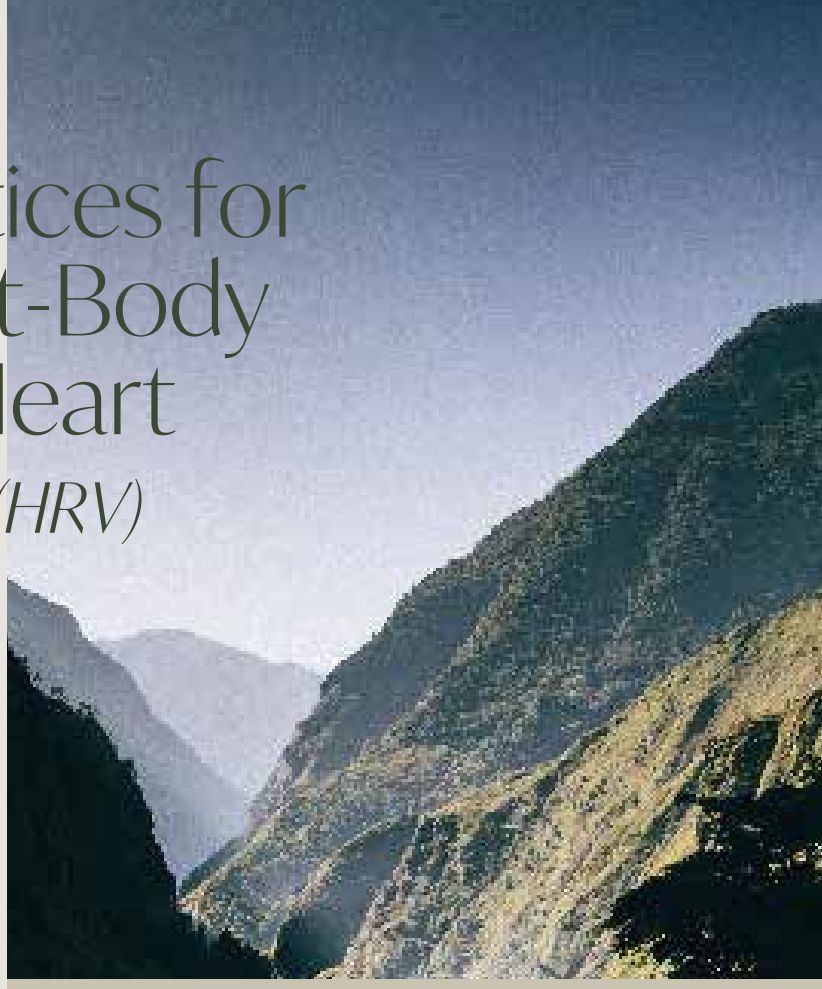
10

Conclude with an Exhalation:
Finish your practice with an exhalation through the left nostril. Return your hand to your lap and take a few normal breaths. Observe the effects of the practice on your mind and body.

11

Practice Regularly:
For best results, practice Nadi Shodhana regularly, ideally in the morning or before meditation.

Breathing Practices for Increased Heart-Body Coherence & Heart Rate Variability *(HRV)*



As discussed earlier, HeartMath is an organization which conducts research on heart-based coherence practices and benefits, and also creates devices that enable people to practice at home. Here is a breath-based practices to increase coherence - which can bring the body into a relaxed, balanced state where we see decreases in anxiety and improvements in mood, energy, and overall well-being.

Heart-Focused Breathing

TO ENHANCE THIS PRACTICE:

- Focus your attention on your heart and visualize your breath flowing in and out of the chest.
- You can place one hand on your heart to help keep your awareness present there.
- Breathe a little deeper and slower than usual, approximately 5-7 seconds for each inhale and exhale. (make sure the rhythm is comfortable for you)
- If your attention wanders, simply return to the area of your heart and continue with the breath pattern.
- Start at 5 minutes and work your way up if it feels good to you.

Make an effort to invoke a positive emotion, such as gratitude, love, or joy. Think of someone, something, or some place that brings you this positive feeling - and attempt to maintain the feeling while you continue the heart-awareness and breathing practice. Imagine yourself radiating this feeling to yourself, others in your life, and to the world around you. Practice this heart-focused resonance breathing for 15-20 minutes per day and research shows you will see improved HRV and increased state of coherence.

Physiological Sigh

An certain technique to perform an intentional sigh has actually outperformed other breathing techniques when it comes to lowering anxiety, decreasing resting respiration rate, improving mode, and inviting calmness.

THE BEST NEWS? IT'S REALLY EASY.

Double Inhale:

- Take a sharp inhale through the nose.
- Immediately follow with another sharp inhale. (TWO Inhales)

Extended Exhale:

- Exhale slowly and fully through the mouth, like a sigh… and include some sound/vocalization with that. An audible sigh.
- During the exhale, relax your shoulders, neck, jaw, and anywhere else feeling tension.

Duration:

- Repeat this breathing pattern for approximately five minutes.

This technique can be used as a quick and effective method to reduce stress and anxiety, bringing the body into a more relaxed, parasympathetic state.

Breathe Light, Slow, and Deep

This practice is taken from the work of Patrick McKeown, specifically his book *The Breathing Cure (Page 39)*, and it actually combines a few different practices laid out in that book.

Light: *Create a light air hunger by taking in slightly less air with each breath.* **Slow:** *Reduce your breathing cadence to take fewer breaths. Pace should be 6 breaths per minute - which means 5 second inhales & 5 second exhales.* **Deep:** *Practice diaphragmatic breathing so that you can feel the lower ribs expanding and contracting with each breath.*

1

Sit up straight in a chair or cross-legged on the floor. Place your hands on either side of your abdomen, on your lower two ribs.

2

Slow down the speed of air as it enters and leaves your nose. The breath should be light, quiet, and still.

3

At the top of each inhale, bring a feeling of relaxation through the body and allow a slow, soft, relaxed breath out. (Air should leave the body without effort)

4

Soften the breath to generate the feeling that you would like to take in a bigger breath.

5

With inhalation, take air deep into your lungs. Feel your ribs expanding outwards. On exhalation, feel your ribs moving inwards.

6

Gradually reduce your breathing rhythm so that you are breathing in for 4 seconds and out for 6 seconds.

7

Breathe in 1... 2... 3... 4... and out 1... 2... 3... 4... 5... 6...

8

Breathe light (silent - so you can barely feel the air in your nose), slow, and deep.

9

Continue for approximately 4 minutes.

You should experience a slight air hunger when doing this exercise. That is okay, and (performed regularly) this practice will increase your CO2 tolerance, increase oxygenation of your tissues, and improve the quality of your breathing if practiced regularly.

so there you have it

The basics of nervous system physiology, how breathing impacts the activation/state of our nervous system, what optimal breathing looks like, and practices that you can start right away that will help you shift your body into a more relaxed state.

The invitation is to try all of the practices, and stick with the one(s) that feel best to you.

Be consistent with whatever practice(s) you choose - and pay attention to how you feel - both during the breathing exercise, but also as you go about your day, when you lay down for bed, or wake up in the morning.

And keep in mind that bringing more balance to an over-stimulated nervous system is only one piece of the puzzle.

It does not help us better understand our stories, patterns, beliefs, and behaviors - an essential component for the development of self-compassion and an increased capacity to make health shifts in our life.

It does not heal or release trauma from the body - another essential component of mental, emotional, and physical healing.

But it will help you navigate life in a more conscious, relaxed, and grounded way - bringing balance when triggered or stressed, and enabling you to show up in a more conscious way.

Having a more balanced nervous system will also enable you to be more successful with any additional healing work you choose to do - which is why it's the first component taught in the Anima Somatic Self Discovery model.

If you're interested in taking a deeper dive into somatic-based trauma healing & transformational work

CLICK HERE to join the Anima Community

NEW COHORTS ARE BEGINNING 2025

Experience the power of Somatic Self Discovery to shift unhealthy and outdated patterns, balance your nervous system, safely release trauma, reconnect with your body, and remember who you really are.

Together, we can heal.
We can change our story.
We can rediscover who we really are.

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In partnership with

Rebel health