

## Technique /mechanics

### *Safety*

Holotropic breathing can elicit strong feelings, so safety is the most important consideration. Strong feelings need the assurance of a safe space.

Many kinds of experience can arise- aesthetic, ideational, body-physical.

Participants need to commit to confidentiality

staying to the end of the workshop.

Facilitators need to

Provide a physically safe space.

Have enough experience to provide an emotionally safe space for participants.

**Practical mechanics of breathing: Move a large volume of air, connecting the in-breath and out-breath. Closed eyes or shades. "It is Breathwork".**

### *Nature of a session:*

No need to make something happen. Spontaneous movement and experimenting are OK.

Being stuck in psyche or body. Tetany. Breathing through.

*Bodywork: Early (esp. if breathing problems) or finishing, for commission or omission.*

contra DesCartes's mind/body/dualism

perception and the witness of the body

### *Other considerations:*

Doppelte Buchfuehrung (Double book-keeping). STOP! is literal.

Proximity to loud sound, influence of light. Impact of others processes.

Finishing: Checking in, talk outside the room, drawing, food.

Jewelry, clothing, mats.

### *Importance of sitter's role--*

Focus attention on breather.

Protect the space.

Keep touching to a minimum, unless facilitator guides.

Protect breather to bathroom, avoiding mats, other obstacles--effects of non-ordinary states.

Possible agreements--touch, breathing reminder, communication.

### *Drawing*

*Misc.--Music back-up. Possible continuation beyond session.*