



MAGAZINE

MYTH BUSTER

**You don't get charged with oxygen
with Conscious Connected Breathwork.**



In other words, it is not about the oxygen, babe!

There is a common misconception that the breathing alters oxygenation of the blood. It is mostly not true. During normal breathing your blood O₂ levels are around 98% (depending on factors including altitude) so contrary to some misunderstandings, deep breaths don't really increase O₂ levels because it can't go higher than 100% anyway.

Breathing is mainly about regulating CO₂ (carbon dioxide). We breathe to get rid of CO₂. It is CO₂ the main driver of respiration. When you voluntarily hold your breath, the CO₂ levels rise, and you gasp for breath at the end due entirely to high CO₂ levels (long before oxygen is a problem).

In controlled hyperventilation, you blow down your carbon dioxide. CO₂ is acidic, and so regulating CO₂ levels in the blood is also about regulating the pH of the blood, which becomes more alkaline. When the CO₂ level is low, the O₂ attaches too strongly to the hemoglobin (known as the Bohr Effect) and so the O₂ isn't released so much to the cells that require it.

DID YOU KNOW THAT?

Conscious connected breathing improves the heart-rate variability (HRV) *

Heart rate variability is the physiological phenomenon of the variation in the time interval between consecutive heartbeats. Our hearts are not metronome and they are not supposed to tick evenly. Instead, when looking at the milliseconds between heartbeats, there is constant variation.

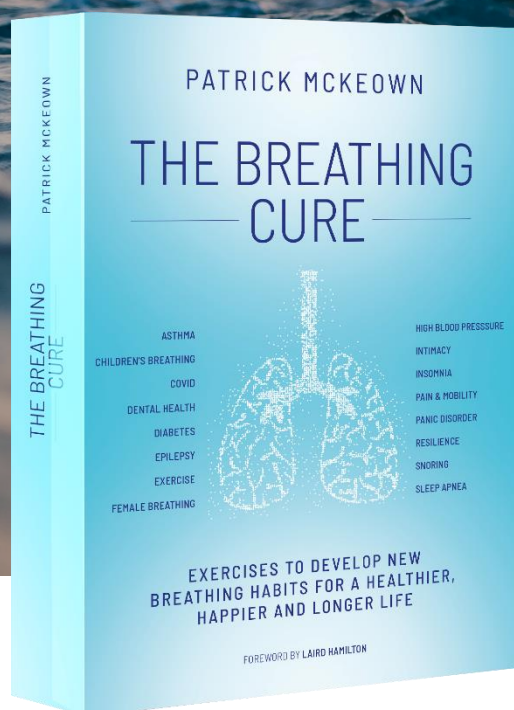
HRV is a key marker of the state of our nervous system. Higher HRV has been found to be associated with reduced mortality and improved psychological well-being and quality of life.

In a healthy situation, HRV increases during relaxing activities, when the parasympathetic nervous system is at play. Symmetrically, HRV naturally decreases during stress, when elevated sympathetic activity helps the body keep up with the demand. Hence, HRV is typically higher when the heart is beating slowly, and lower when the heart starts to beat faster, for example under stress and anxiety.

How can mouth breathing, the “activating” breath that takes us into the sympathetic effect, improves HRV? During a conscious connected breathing practice, the hyperventilation is controlled by the diaphragmatic breathing, which stimulates the vagus nerve of the parasympathetic nervous system, reducing the body's fight-or-flight response and causes it to relax. It is the low (into the abdomen) breathing that counteracts the potentially detrimental effect of mouth breathing on HRV.



*Puente, Iker & Cervantes, Julio. (2014). Effects of Holorenic Breathwork on Anxiety and Heart Rate Variability: Preliminary Results. Journal of Transpersonal Research. 6. 134-142.



& NEWS VIEWS

The Breathing Cure: Exercises to Develop New Breathing Habits for a Healthier, Happier, and Longer Life

The Breathing Cure is the new book by Patrick McKeown, the bestselling author of *The Oxygen Advantage*. It covers new, ground-breaking topics such as how breathing techniques can support functional movement of the muscles and joints; improve debilitating conditions such as diabetes, epilepsy, lower back pain, PMS and high blood pressure; and last but not least, help you to enjoy deeper sleep and improved intimacy. Yes, you got it right. The book has 31 pages on how the breath can make you a better lover in the bedroom!

Personally, we truly appreciated that an easy-to-read book on the breath talks about how different phases of the menstrual cycle (and life) impact a woman's breathing pattern. Did you know that during the luteal phase (the

phase that starts right after ovulation and ends with menstruation) a woman tends to breathe more than in the first half of her cycle? This has to do with the surge of progesterone. High levels of progesterone increase the breathing and therefore also the outflow of carbon dioxide.

Reading though the 500+ pages of McKeown's last book might bring up confusion and apprehension about *Conscious Connected Breathwork*. To clarify this point, we have interviewed Dr. Ela Manga, an integrative medical doctor with a special interest in the art and science of conscious breathing as a medicine and tool for growth and change. Meet her in *The Expert Lounge* column.



THE *EXPERT* LOUNGE

Dr. Ela Manga is a Johannesburg-based integrative medicine practitioner who includes energy management and breathwork as tools for healing and the author of “Breathe – Strategising Energy in the Age of Burnout”.

It would be great to start this interview finding out why – in your opinion – people are getting obsessed with breathwork.

There are many factors contributing to this. Since Covid, people are realising the importance and breath and are taking it less for granted.

The fact that its always available and immediately effective makes breathwork a really accessible and empowering tool. Anyone can practice it and the wide range of practices means that can be adapted and used in so many ways. It's a very easy and quick way to access a meditative state and free oneself from the cycles of repetitive thinking.

Can you explain what conscious connected breathwork is for you and when should it be carried out for best results?

Conscious connected breathing is a connected rhythm of breathing that connects the inhalation with the exhalation with no gaps or pauses. This generates a physiological and energetic state that allows patterns of tension and trauma to be released on a cellular level and supports a connection to the natural state of deep peace and joy. It's a deep and powerful

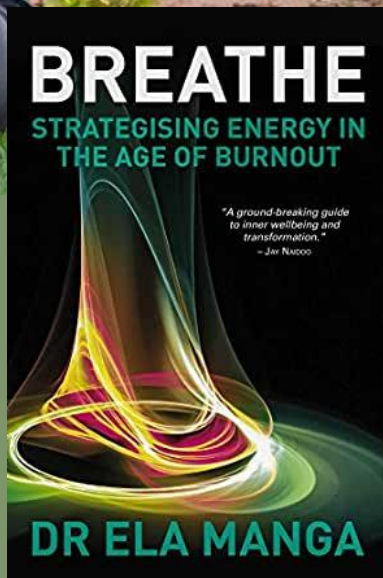


therapeutic modality that is facilitated by a practitioner 4- 6 weeks until there a level of comfort in practising it for yourself.

The number of opinions and the amount of research on breathwork can be overwhelming. Conscious connected breathing invites us to breathe lots. Meanwhile, Buteyko warns against overbreathing. "Suppress the breath." And, "breathe less." Can you help us clarify the confusion around nose vs mouth breathing and these two contradictory views?

The world of modern breathwork is rapidly evolving and we have access to a vast range of skills and styles. There are many schools of thought and sometime the advice can feel contradictory.

All of the techniques/ styles have a place and are serving the same purpose in different ways. At rest and in every day life we should be breathing through the nose and using diaphragm. Training tolerance to carbon dioxide will support us to breathe less times a minute



This book is about bringing awareness to the basic laws and principles of energy by weaving together the science of western medicine, neuroscience, and eastern philosophy.

It is the crystallization of Dr. Ela Manga's experience and insights gained in the cutting-edge science of mindfulness-based energy management.



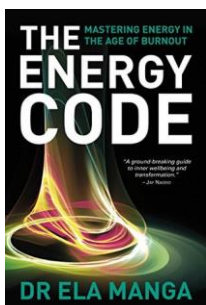
“ The fact that its always available and immediately effective makes breathwork a really accessible and empowering tool”.

and for every breath to be as efficient as possible. We want to aim for a resting respiratory rate of 8-12 breaths a minute.

Conscious Connected Breathwork (CCB) uses a connected rhythm and fuller breaths to deliberately create a state of energy that access the subconscious mind to release deeply held patterns of tension and trauma. The patterns of tension that are released in CCB will serve the breath to flow more freely at rest and for the breathing mechanism to

be more free and open. It also works with breath on the energetic or spiritual dimension.

It is helpful to understand the physiological impact of the various techniques to know how to apply them in everyday life. We should all be training our ability to work with the full spectrum of techniques from CCB to Buteyko in order to train a flexible breathing mechanism and resilient and adaptable nervous system.



**You may also like - The Energy Code -
Mastering energy in the age of burnout**

“This book is a gift to all who strive for better balance and wellbeing. Ela is uniquely qualified, drawing from her medical practice and her breathwork and holistic practices to bring invaluable insights and coping strategies for the full life we all aspire to have.”

– Wendy Lucas-Bull, Chairman of Barclays Africa Group Ltd

BREATHWORK TEACHER TRAINING

24 July –
9 October, 2021

The recent study conducted by the Max Planck Institute for Chemistry discovered that what we exhale has a role in our emotional response.

The researchers studied 9,500 people watching 16 different films, and tracked if air composition changed during particular scenes that were extra suspenseful, romantic, or emotional. As a result, suspenseful moments showed upticks in CO₂ and isoprene, a chemical associated with the tensing of muscles. Every emotional type had its own chemical composition, so you could tell the emotions of the audience just by looking at the chemicals in their breath.

For instance, there were discernible spikes of isoprene twice during *The Hunger Games 2*, when the heroine's dress catches fire and when the final battle begins. Isoprene is associated with muscle contraction—large spikes were also observed as people entered and left

the cinema—so increases during the film could be due to unconscious muscle twitching as the audience empathises with the heroine.

We all possess an intuitive understanding that the breath can regulate our mind and emotions. The key to managing our emotional states through breathwork is to become aware of how we breathe as we go through each day.

With that being said, we invite you to join our Breathwork Teacher Training Course and not only change your mood but completely transform your life.





TANTRA TEACHER TRAINING

July 6, 2021 –
February 15, 2022

**What does Tantra
& rock'n'roll have
in common?**

In 60s the free love movement latched on to tantra's bright visual identity could be seen everywhere. The Beatles were staying in an Indian ashram, the Rolling Stones had fashioned a logo from the protruding tongue of Kali. The west has focused on the sexual dimension of Tantra and it has become commercialized. As we all know, sex sells.

However, at its core, Tantra has very little to do with sexual pleasure. It is a philosophy, a tradition and a practice that has been around for millennia.

At InnerCamp we teach Tantra as a pathway to self-love, transformation, healing, and bliss. Both scientific and spiritual approaches lead us to conclusion that Tantra is a modality that redirects our energy to bring the ultimate awareness into our lives. By doing so, we cultivate openness and curiosity towards the human experience.

**We invite you on an amazing journey
of self-discovery with our new online
Tantra Teacher Training Course.**

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