

SÔMSANA

YOUR DAILY GUIDE

Daily Wellness Practices



S Ô M S A N A
BREATHWORK // SOMATICS



Power of Breathwork

Breathwork gives you the tools to be in control of your emotional and energetic state, allowing you to show up powerfully and intentionally in your life and work. It is a powerful tool rooted in both ancient practices and modern science. It can influence our nervous system, hormones, and even brainwave states. By consciously controlling our breath, we can unlock new levels of clarity, calm, and energy.

The Science:

- **Nervous System Regulation:** Breathwork shifts us between the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) states.
- **Brainwave States:** Slow, deep breathing transitions us from beta waves (alert, stressed) to alpha and theta waves (calm, meditative), unlocking creativity and relaxation.
- **Oxygenation:** Intentional breath patterns improve oxygen efficiency, boosting energy and mental clarity.

Daily Practices

When we engage in deep and rhythmic breathing, we activate the vagus nerve, turn on our parasympathetic nervous system, and pump the brakes on anxiety and stress.

Diaphragmatic Breathing is the best place to start, and involves taking deep, slow breaths from the bottom of the abdomen and filling up your lungs with each inhalation:

- Start by exhaling all of the air out of your lungs.
- Place one hand on your belly and the other on your chest.
- Begin to inhale through your nose, and as you do, feel the hand on your belly move outward. Your belly (lungs) should be expanding.
- Now, exhale out of your mouth. As you do, feel your belly retract back toward your spine and relax. The hand on your chest should not move.

Another simple practice to try is the **Box Breath** (also known as Sama Vritti) - a technique that the Navy Seals use to relieve anxiety in highly stressful situations:

- Close your eyes
- Retain your Inhale for 4 counts
- Exhale for 4 counts
- Retain your exhale for 4 counts Inhale for 4 counts
- Repeat as many times as you like - at least 4 rounds recommended)

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MOVEMENT

Alongside breathwork, moving your body is one of the best ways to remedy stress, both in the short and long term. Whatever your jam, whether it's walking, yoga, dancing, running, swimming (insert your favourite activity here), movement can take your focus away from your worries whilst also releasing muscle tension. Regular exercise triggers the release of feel-good neurochemicals in the brain, which builds up your ability to deal with all emotions. It also boosts your confidence and your mood.

GET INTO NATURE

Studies show that time in nature — as long as you feel safe — is an antidote for stress and anxiety. It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve your mood.

Take as little as 5 minutes to connect with nature - become really aware of what you see, hear, touch and smell - and the anxious thought patterns will start to fade away. If you can't get into nature, sit on the ground with your back against a wall / couch and your legs out straight in front of you. Feel your body grounding down into the earth.



LET'S CONNECT!

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Joey Hurl is a leading breathwork facilitator, movement coach, and energy alchemist, dedicated to guiding others toward deeper self-awareness, healing, and transformation.

As the founder of Sōmsana, she specialises in breathwork, visualisation techniques, and nervous system regulation to cultivate safety within the body, optimise health, and unlock one's fullest potential.

Her own path into this work began after a car accident left her with a punctured lung and chronic pain, an experience that continues to shape both her methodology and her devotion to the field.

"Re-connecting with my breath became the doorway into everything else, understanding my nervous system, and a deep spiritual devotion I didn't expect to find on the other side of trauma. I started to trust something subtler than logic could explain, a pull toward a way of living that didn't require me to keep bracing, and I'm here to help you do the same"