



Bliss Body Breathe

Everyone knows how to
breathe

Integral Breath Therapy (IBT)

Is used to help the body and nervous system release stored stress, regulate emotional patterns, and restore a sense of internal safety—through the breath.

At its core, IBT is not just about breathing techniques. It's about using the breath as a *bridge* between the body, mind, and deeper emotional layers—so healing can happen without needing to force or overthink it.



Close your eyes
Notice your breath

Your breath is always speaking



nervous
system



emotions





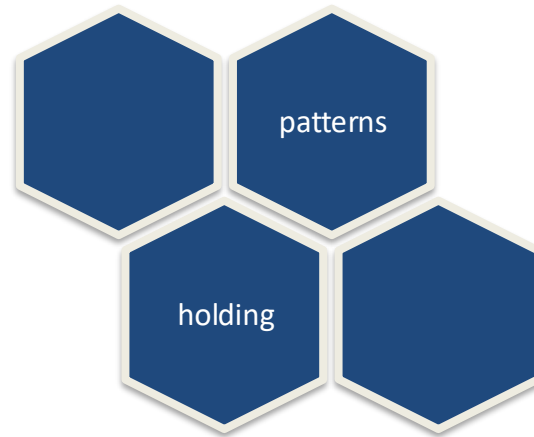
Releasing Stored Tension & Emotions

Your body holds onto experiences—especially the ones that were never fully processed.

IBT supports:

- Letting go of built-up tension
- Releasing emotional weight without reliving the story
- Creating space in the body for something new

What I see



Not labeling

Reconnecting to the Body

Many people feel disconnected from their body without realizing it.

IBT gently helps you:

- Feel again (in a safe, supported way)
- Notice sensations without fear
- Come back into presence

*Listening
instead*

Integral Breath Therapy

Breath +
awareness

EVERYONE KNOWS



HOW TO BREATHE



Increasing Capacity

Instead of just “coping,” IBT builds your ability to hold more of life—emotionally and physically.

- More resilience
- More clarity in decision-making
- Less reactivity, more grounded response

**Regulate • Reclaim •
Embody • Liberate**

**Today is not
about fixing**

becoming aware



Breath exploration

observe breath

EVERYONE KNOWS



HOW TO BREATHE

**No right or
wrong**



only presence

**Connected
breathing**

flow



How to do it

inhale

exhale

What may happen
release



you are in control
Safety

Your role

*stay
present*



Transformation

opening

Creating Lasting Change

Because the breath works directly with the body (not just the mind), the shifts tend to integrate more deeply.

- Patterns begin to shift at the root
- You respond differently in real-life situations
- Change feels embodied—not forced



Now we begin

Integral Breath Therapy helps you
move from holding everything
together...
to finally feeling safe enough to let
it go—
and live from a place of clarity,
connection, and ease.



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ESTD



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SOMATIC BREATHWORK & YOGA NIDRA
WHERE BREATH BECOMES MEDICINE