

FUNDAMENTALS OF BREATHING

WORKSHEETS

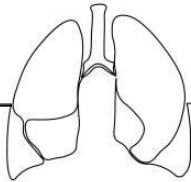


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LESSON 4

WORKSHEET

IN BREATHWORK, THE FOCUS IS ON THE CONSCIOUS AWARENESS OF YOUR INHALES AND EXHALES.



1. **BREATHWORK INCLUDES ALL TYPES OF BREATHING TECHNIQUES, EXERCISES AND PROGRAMS.**
 - A. TRUE
 - B. FALSE



2. **BREATHWORK HAS A 3-IN-1 BENEFIT. THIS INCLUDES, PHYSICAL, EMOTIONAL AND**
 - A. FINANCIAL FREEDOM
 - B. BREATHING PROPERTIES
 - C. SPIRITUAL WELL-BEING



3. **BREATHWORK HAS BEEN USED TO ALLEVIATE THE FOLLOWING EXCEPT**
 - A. ANXIETY
 - B. CHRONIC PAIN
 - C. DUI ARREST
 - D. GRIEF