

EVERYDAY LIFE AS CREATOR

Thank you for joining me!

Here is your link to **The Conscious Breath** event folder, where you can view or download either as a video or audio:

ACCESS THE CLASS

The Science-Backed Benefits of Conscious Breathing:

- Activates the parasympathetic nervous system, shifting you from fight-or-flight into rest-and-digest mode
- Lowers cortisol levels, reducing chronic stress and inflammation in the body
- Improves heart rate variability (HRV) — a key marker of nervous system health and emotional resilience
- Balances oxygen and carbon dioxide levels, enhancing brain function, clarity, and focus
- Regulates blood pressure and heart rate, supporting cardiovascular health
- Stimulates the vagus nerve, helping tone your relaxation response and emotional regulation
- Increases alpha brainwave activity, promoting calm, alert awareness
- Detoxifies the body by aiding lymphatic flow and oxygenating the blood
- Releases stored trauma and tension by bringing awareness to unconscious holding patterns in the breath and body
- Enhances emotional processing, making it easier to feel and release stuck energy without mental overprocessing
- Strengthens the mind-body connection, allowing deeper embodiment of your true self and intuitive guidance



CATHYBAUMANN.COM