



Zania Breath & Yoga

Breathing for Healing



A guide to the power of your breath
By Marcos Welsh

Breathing for Healing

Zania Breath & Yoga E-book by Marcos Welsh

The Meaning of Zania: Zania represents someone who has faced challenges and heartbreak in love multiple times but ultimately discovers a profound and unshakable love within themselves—a Self love that remains constant and enduring.

Medical Disclaimer

The exercises and practices described in this book are intended for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Before beginning any new breathwork, yoga, or physical activity program, consult with your healthcare provider to determine if these exercises are appropriate for your individual needs and health conditions.

It is essential to listen to your body and practice these techniques mindfully. If at any time you feel discomfort, dizziness, or unwell, stop immediately and seek medical advice. Participation in these practices is voluntary and at your own risk.

Marcos Welsh and the Zania Breath and Yoga team assume no responsibility or liability for any injuries, adverse effects, or damages resulting from the use of the techniques and exercises outlined in this book. Always prioritize your safety and well-being.

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The Breath of Life

Breath is the foundation of life. It is the first thing we do when we are born and the last thing we do when we leave this world. Yet, many of us take it for granted, not realizing the transformative power it holds. When harnessed correctly, the breath can calm the mind, energize the body, and heal the spirit. It brings balance to our life.

Understanding the Power of Breath

Breath connects the mind and body. By focusing on it, we activate the parasympathetic nervous system, which helps reduce stress, improve focus, and enhance our overall well-being. In Zania Breath, breathwork becomes a tool for self-discovery and transformation.

Breath is not only a physiological process but also a bridge to emotional clarity and mental calm. When we breathe intentionally, we send powerful signals to our nervous system that it is safe to relax and restore. This creates an environment for our body to heal and for our mind to release anxiety.

Through breathwork, we become more aware of our inner world. Each breath serves as a reminder to stay present, to let go of distractions, and to center ourselves in the moment. For many, it opens the door to self-compassion and emotional healing.

Furthermore, breath fuels our creativity and vitality. It provides the energy we need to face challenges, make clear decisions, and manifest our goals. In Zania Breath, each inhale is an opportunity to draw in positivity, and each exhale is a chance to let go of what no longer serves us.

The concept of Pranayama, or the control of vital energy, is deeply intertwined with the art of mindful breathing and its impact on our mental, emotional, and creative capacities.

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Pranayama is a Sanskrit term composed of two parts: "Prana," meaning life force or vital energy, and "Ayama," which means extension or control. Through the deliberate practice of breath control, Pranayama serves as a bridge between the body and the mind.

The best way to understand the power of conscious breathing is through practice. Swami Sivanada's famous quote sums it all, "one gram of practice is worth more than tons of theory". Practice these techniques and allow your life to transform in ways you can't imagine.

- **Breath as a Mirror of the Mind:** When the breath is unsteady or erratic, the mind mirrors this state, becoming restless and unfocused. Conversely, when the breath is regulated and calm, the mind aligns with this rhythm, entering a state of tranquility and clarity.
- **Emotional Stability:** The steady regulation of Prana calms the fluctuations of the mind, creating an anchor for emotional equilibrium. This stability allows individuals to respond to situations with greater mindfulness rather than impulsively reacting, fostering resilience in the face of challenges.
- **Enhanced Concentration and Creativity:** A mind grounded in a steady breath becomes a powerful tool for focus. This concentration opens pathways for deeper awareness, innovative thinking, and the ability to consciously design one's actions and life goals.

- Empowerment Through Conscious Breathing: By mastering the breath, practitioners gain access to a profound sense of inner power. This control enables them to navigate life's complexities with intention, transforming them from passive participants to active creators of their destiny.

The practice of Pranayama extends beyond physical benefits; it cultivates an inner environment where emotional intelligence, cognitive sharpness, and spiritual awareness can thrive. In mastering the art of breathing, one does not just control their breath—they sculpt their life with precision and purpose.

Introduction to Zania Breath and Yoga

Zania Breath and Yoga combines ancient techniques of pranayama (breath control) with mindfulness practices and yoga movements. This system is designed to empower individuals to connect deeply with themselves and unlock their full potential.

The philosophy behind Zania Breath and Yoga is rooted in the idea that transformation begins within. By integrating breathwork and movement, this practice helps dissolve physical, mental, and emotional barriers. It provides the

tools to realign with your inner strength and purpose, guiding you toward a state of balance and fulfillment.

This system is adaptable, making it suitable for all levels of experience. Whether you are new to breathwork or an experienced practitioner, Zania Breath and Yoga offers a space to grow and reconnect with your authentic self.

Through regular practice, participants often report a sense of empowerment, greater clarity, and a renewed energy to pursue their dreams.

Breath becomes not just a tool for healing but also a pathway for creating a vibrant and purposeful life. With Zania Breath and Yoga, each session is an opportunity to reset, realign, and rediscover your potential.

The Core Values of Zania Breath and Yoga

- **Healing:** Through mindful breath and movement, we release tension and create space for self-healing. This process nurtures the mind, body, and spirit, allowing participants to reconnect with their innate ability to restore balance and well-being.
- **Connection:** Breath connects us with our inner world, and through this connection, we foster deeper, more meaningful relationships with those around us. By tuning into our breath, we enhance our ability to empathize, communicate, and build trust.

- Conscious Relaxation: This is the key to releasing stress and cultivating inner peace. By consciously relaxing, we create space within ourselves for new possibilities and opportunities to enter, allowing us to approach life with clarity and openness.
 - Energy: Breath fuels our life force and awakens the energy needed to manifest our goals. With every intentional breath, we align ourselves with vitality, creativity, and the power to live a fulfilling life.
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Marcos' Journey: A Path to Transformation

About Marcos Welsh

I have been a yoga teacher for over 20 years. My journey has been shaped by personal struggles, including a difficult separation and the alienation from my children. These challenges brought deep emotional pain but also led me to profound realizations about resilience, self-awareness, and healing.

Through these experiences, I developed a clear understanding of the power of breath and movement as tools for transformation. It was during my darkest moments that I realized the profound ability of breathwork and yoga to bring peace and clarity, even when external

circumstances remained difficult. My journey taught me that healing is always possible and that the first step is turning inward with compassion and curiosity.

The Values Behind My Work

Through recognition, acceptance, embracing and surrender, I transformed my pain into a pathway to healing. I believe that everyone has the capacity to heal and be free of their past. My mission is to guide others to discover their inner strength through the practices of Zania Breath and Yoga.

I now have a very clear life purpose: to help others understand and accept whatever blocks them from reaching their complete potential. I believe that by cultivating awareness of our body and breath, we can not only enhance our own well-being but also positively impact those around us. As we deepen our connection with ourselves, we become more attuned to the needs of others, offering support and healing in profound ways.

Why I Created Zania Breath and Yoga

Zania Breath and Yoga emerged from my experiences and the lessons I learned through my struggles. It is a system that combines breathwork, yoga, and mindfulness to empower others to overcome challenges, reconnect with their authentic selves, and live with intention.

Through simple yet powerful exercises, Zania Breath and Yoga provides tools that are accessible to all levels of experience. These practices are designed to help individuals release tension, rediscover their inner strength, and move toward balance and harmony in their lives. My objective is to empower you to become the master of your own well-being, to help you uncover the innate wisdom of your body and breath, and to guide you on your journey of transformation.

Chapter 1: The Foundations of Zania Breath

Breath is the foundation of the Zania system. When we control and direct our breath, we can influence our mental, physical, and emotional states. This is a powerful tool for self-help and healing. Let's delve deeper into the transformative potential of breathwork and explore its three key techniques:

The Role of Breath in Transformation

Our breath is both an anchor and a guide. By controlling our breath, we can dissolve challenging emotions, ease physical tension, and access a state of calm amidst chaos. Breathwork doesn't just help us survive—it empowers us to thrive. With every inhale, we invite clarity and focus;

with every exhale, we release stress and tensions. This rhythmic flow becomes a gateway to self-awareness and balance.

Breath also bridges the gap between the mind and body. It sharpens our connection with the present moment, heightens self-awareness, and creates space for healing. As you explore the Zania system, you'll discover that mastering your breath is the first step toward mastering your life.


1. Energizing Breaths for Vitality

These techniques awaken your body and mind, providing an instant boost of energy. It's especially useful in the morning or whenever you feel sluggish.

- How to Practice: Sit comfortably in a chair or cross legged.
 - Benefits: Boosts energy, clears mental fog, and uplifts your mood. Regular practice can improve stamina and focus throughout the day.
 - Make sure to finish with conscious relaxation after practicing.
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Kapalabhati (Skull-Shining Breath)

Kapalabhati is an invigorating breath technique designed to cleanse the lungs, energize the mind, and stimulate the digestive system.

- **How to Practice:** Sit upright with your spine straight. Take a deep inhale through your nose, then exhale forcefully through your nose while contracting your abdominal muscles. The inhale happens passively as you relax your abdomen. Perform this for 20-30 rounds, gradually increasing as you become comfortable. Then stay still with a very subtle breath or gently holding the breath comfortably for 15 seconds.
 - **Benefits:** Detoxifies the lungs, boosts circulation, sharpens focus, and enhances energy levels. Regular practice can also improve digestion and stimulate the body's natural detoxification processes.
 -  [Breath of Fire for deep meditation in nature / Bre...](#)
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Chit Shakti Prakash (Awakening Inner Energy)

Chit Shakti Prakash is a meditative breath technique aimed at unlocking your inner potential and increasing self-awareness.


- How to Practice: Sit in a quiet, meditative posture. Close your eyes and focus on slow, deep breaths. Lift your arms in each inhale and pull your arms down forcibly with each exhale for 10-20 repetitions. Then stay still with a very subtle breath or gently hold the breath comfortably for 15 seconds.
- Benefits: Increases mindfulness, fosters a deep connection to your inner self, and enhances creativity and intuition. It's a powerful tool for manifesting goals and intentions.
-  Strong Breath Work Chit Shakti Prakasha Advan...

Spinal Breath

Spinal Breath focuses on channeling energy along the spine, harmonizing the nervous system, and aligning the chakras.

- How to Practice: Sit comfortably with your back straight. Inhale deeply opening the spine extending

forward, exhale forcibly contracting the spine emptying out the lungs. Repeat for 10 times. You can do 3 rounds. Then stay still with a very subtle breath or gently holding the breath comfortably for 15 seconds.

- Benefits: Aligns the nervous system, promotes spinal health, and creates a sense of balance and calm. This technique also supports energy flow and chakra alignment.
-  3 Rounds Strong Spinal Breath to activate your ...

Incorporating Advanced Techniques

Each of these techniques offers unique benefits and can deepen your breathwork practice. Start slowly, integrating one technique at a time, and pay attention to how your body and mind respond. Over time, you'll find these practices becoming powerful tools for transformation, healing, and self-discovery.

Take care when practicing these techniques, use common sense, and don't overdo it. When you finish a breathing session, you should feel completely relaxed and rejuvenated.

Always finish with 5-15 min of conscious relaxation

2. Calming Breaths for Stress Release

When life feels overwhelming, this technique helps activate the body's natural relaxation response by calming the nervous system. These techniques look less advanced than the energizing breaths, but actually they are more difficult to perform as you need to have patience, and the ability to connect with the subtle sensations that arise, they have the potential to take us to deep states of meditation and stillness where we can align with our essence.

- How to Practice: Sit in a chair or cross legged position with a straight back.
- Benefits: Reduces anxiety, lowers blood pressure, and promotes a sense of calm. It's an excellent practice before bedtime or after a stressful event. Take you to a meditative state.

Pillow Breath

- Pillow Breath is a simple breathing technique that promotes relaxation and reduces stress. To perform

Pillow Breath, find a comfortable position lying down with a pillow or cushion on your abdomen. Begin by taking a slow, deep inhale through your nose, feeling your abdomen expand fully. As you exhale gently through your nose, imagine or feel you are releasing all tension, allowing your body to sink into the ground feeling the movement of the pillow on your abdomen rising on the inhalation and coming down on the exhalation. Focus on the sensation of the pillow pressing lightly against your abdomen. DO this slow rhythmic deep breathing for several minutes. This technique is ideal for unwinding before bed, easing anxiety, or fostering mindfulness in moments of need.


-  Do this to relax Pillow breath to Release Stress

Anuloma Viloma (Alternative Nostril Breathing)

Anuloma Viloma is a calming and balancing breathwork practice that helps harmonize the mind and body by regulating energy flow through the nostrils.


- How to Practice (Without Retention):
 1. Sit comfortably in a quiet space. Rest your left hand on your lap and bring your right hand into

Vishnu mudra (fold your middle and index fingers down).

2. Close your right nostril with your thumb and inhale through your left nostril for 4 counts.
 3. Close your left nostril with your ring finger and exhale through your right nostril for 8 counts.
 4. Inhale through the right nostril for 4 counts, then switch nostrils and exhale through the left nostril for 8 counts.
 5. Repeat this cycle for 5-10 minutes.
- How to Practice (With Retention):
 1. Follow the steps above but include a retention phase after each inhalation. Hold your breath gently for 8 counts before exhaling.
 2. Gradually extend retention times as your comfort level increases.
 - Benefits: Balances the left and right hemispheres of the brain, calms the nervous system, and promotes mental clarity and focus. With retention, it deepens the relaxation response and builds lung capacity.
 -  Anuloma Viloma Alternative Nostril Yoga Pranay...

Bhramari (Bee Breath)

Bhramari is a soothing breath practice that creates vibrations in the head and throat, helping to calm the mind and relieve tension.

- How to Practice:
 1. Sit comfortably with your spine straight and close your eyes.
 2. Inhale deeply through your nose.
 3. As you exhale, hum softly like a bee, feeling the vibrations in your throat and head.
 4. Place your thumbs on your ears and your fingertips gently on your forehead to amplify the vibration.
 5. Repeat for 5-10 rounds, focusing on the calming hum.
- Benefits: Relieves anxiety, reduces headaches, and promotes mental clarity. It is particularly effective for quieting an overactive mind and preparing for meditation.
-  Bee Breath Work / Brahmari Pranayama / Relea...

Om kara Breath (With and Without Retention)

The Omkara Breath integrates breathwork with the powerful vibration of chanting “Om,” aligning the mind, body, and spirit.

- How to Practice (Without Retention):
 1. Sit in a meditative posture. Close your eyes and take a deep breath in through your nose.
 2. As you exhale, chant “Om,” focusing on the vibration spreading through your body.
 3. Repeat for 5-10 minutes, syncing your breath with the chant.
 - How to Practice (With Retention):
 1. Inhale deeply, hold your breath gently for 4-8 counts, and then chant “Om” as you exhale slowly.
 2. Focus on the silence that follows each exhale before beginning the next round.
 - Benefits: Enhances concentration, fosters inner peace, and aligns the body’s energy. The vibrations from the “Om” chant activate the vagus nerve, supporting relaxation and emotional balance.
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Subtle Meditation Breath

The Subtle Meditation Breath is a gentle practice aimed at cultivating mindfulness and a deeper connection to your inner self.

- How to Practice:

1. Sit quietly in a comfortable position with your back straight.
2. Take soft, natural breaths, paying close attention to the sensation of air entering and leaving your nostrils.
3. Allow your thoughts to pass without judgment, gently returning your focus to the breath whenever your mind wanders.
4. Continue for 10-15 minutes, gradually extending the practice over time.

- Benefits: Develops mindfulness, enhances emotional resilience, and fosters a sense of inner calm. This practice is ideal for beginners and experienced meditators alike.
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Why Practice These Techniques

These calming breath practices provide profound physical, mental, and emotional benefits. They will certainly bring relaxation, clarity, and spiritual alignment, integrating these

techniques into your daily routine can transform stress into a deep sense of peace within.

3. Deep Conscious Relaxation

The Conscious relaxation technique invites you to surrender completely, creating the perfect environment for emotional release and deep healing. It should be practiced after a breathing session to relax the nervous system.

- **How to Practice:** Lie down in a comfortable position. Close your eyes and breathe slow and rhythmically. With each exhale, consciously relax a specific part of your body, starting from your toes and moving upward. Stay in this state for 5-15 minutes, allowing your breath to guide you into a space of complete surrender.
 - **Benefits:** Promotes deep rest, releases emotional tension, and fosters physical and mental recovery. This practice is particularly effective for processing unresolved emotions and cultivating self-compassion.
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Zania Breath: A Foundation for Alignment

Zania Breath isn't just a set of techniques—it's a philosophy of aligning mind, body, and spirit. By practicing these techniques consistently, you lay the groundwork for a balanced and fulfilling life. Each breath becomes a tool for transformation, empowering you to navigate life's challenges with resilience and grace.

Simple Exercises to Try Today

- Morning Boost: Start your day with 3 rounds of Energizing Breaths. Feel the surge of vitality as you step into the day with purpose. Finish with a conscious relaxation.
- Midday Reset: Practice 3 minutes of Calming Breaths during lunch to refocus and recharge.
- Evening Release: Use Deep Conscious Relaxation with awareness in abdominal breath before bed to unwind and prepare for restful sleep.
- Bring awareness to the breath during your daily activities. When the mind focuses on the breath it can't focus on problems!

Breath is the foundation of the Zania system. When we control and direct our breath, we can influence our mental,

physical, and emotional states. This is a powerful tool for self help and healing.

Chapter 2: Chapter 2: Yoga for Healing and Growth




Yoga or conscious movement complements breathwork, helping to align the body and mind. By pairing breath with movement, we unlock physical and emotional blockages. Yoga brings us into the present moment, allowing us to reconnect with our inner selves and cultivate a sense of peace and balance.

Healing Through Yoga

By practicing yoga poses and mindful movements, we massage and create acupressure in certain energetic points of the body known in Chinese medicine as meridians, these move and release blocked energy stuck in the body from past unresolved emotional experiences, when this energy moves and is allowed to flow, we create space for healing and restore the body's natural balance.

- Example: Try Child's Pose to relax the back and hips. This pose gently stretches the spine while

encouraging relaxation and calm. Rest your forehead on the mat and breathe deeply, focusing on releasing tension with each exhale.

- Additional Tip: Pair Child's Pose with slow, rhythmic breathing to deepen your sense of relaxation and connection.
- Then lie on the ground in conscious relaxation for some moments and observe the sensations.
-  Turn Fear into Presence Easy Yoga movements ...
-  Release stress in a few Minutes, Easy Guided Y...
-  Transform Worry into Joy! 25 minute Yoga practice

Yoga also helps reduce inflammation, alleviate chronic pain, and improve overall flexibility and mobility, making it an essential tool for physical and emotional recovery.

Yoga for Connection

Through mindful movement, we connect with our authentic selves and those around us. Yoga fosters self-awareness, allowing us to understand and feel our emotions and respond to life with greater clarity and compassion.

- Example: Practice Partner Yoga to build trust and connection. In this practice, two individuals

synchronize their movements and breathing, creating a sense of shared energy and unity.

- Additional Tip: Start with simple poses like a Seated Twist, where partners sit back-to-back and gently twist to one side while supporting each other.

Yoga for connection isn't limited to physical partnerships—it also deepens our relationship with ourselves. By tuning into our breath and body, we strengthen our ability to be present and attuned to our inner needs.

The Emotional Benefits of Yoga

Yoga offers profound emotional benefits, including reducing anxiety, managing stress, and fostering emotional resilience. Regular practice helps:

- Regulate the Nervous System: Yoga activates the parasympathetic nervous system, calming the fight-or-flight response and promoting relaxation.
- Enhance Emotional Stability: Mindful movement and breathwork bring clarity and balance to emotional states, making it easier to navigate challenges.
- Encourage Self-Compassion: Yoga encourages us to meet ourselves where we are, fostering kindness and understanding toward our own experiences.

A Holistic Approach

Yoga, when combined with breathwork, becomes a powerful tool for holistic healing. Together, these practices align the body, mind, and spirit, helping us move through life with intention and ease. By integrating yoga into your routine, you can create a sanctuary within yourself—one that supports your journey toward growth and transformation.

- Yoga as the Perfect Complement to Breathwork
- Healing: Reconnecting with Your Body and Releasing Tension
- Healthy Lifestyle: Enhancing Physical and Mental Well-Being
- Fostering Connection with Yourself and Others

Chapter 3: Living the Values of Zania Breath and Yoga

Zania Breath and Yoga is more than a practice—it's a way of life. By incorporating it into your daily routine, you create

habits that foster growth, healing, and empowerment. This chapter delves into how these practices can transform everyday living into a journey of self-discovery and holistic wellness.

Daily Practices

Consistency is the cornerstone of transformation. By dedicating even a few minutes daily to breathwork and yoga, you can experience profound changes in your mental clarity, physical health, and emotional well-being.

- **Morning Breathwork:** Start your day with 10 minutes of energizing breaths to awaken your senses and set a positive tone for the day. Pair this with simple stretches like Sun Salutations to energize the body and mind.
- **Midday Check-In:** Incorporate calming breaths during a busy workday to reset your focus. Even five minutes of conscious breathing can help reduce stress and restore balance.
- **Evening Relaxation:** End your day with deep conscious relaxation or gentle yoga poses to release tension and prepare your mind and body for restful sleep.

Honoring Your Body, Mind, and Spirit

Living the values of Zania Breath and Yoga requires tuning into your needs and honoring all aspects of your being.

This means:

- **Listening to Your Body:** Practice yoga poses and movements that feel right for you. Some days may call for vigorous flows, while others may require restorative poses like Child's Pose or Savasana.
- **Cultivating Mental Clarity:** Use breathwork as a tool to clear mental fog, reduce overthinking, and bring awareness to the present moment.
- **Nurturing Your Spirit:** Create time for meditation or subtle breathing techniques like Anuloma Viloma to connect with your inner self and foster a sense of peace.

The Benefits of Regular Practice

Making Zania Breath and Yoga a part of your daily routine offers a multitude of benefits:

- **Physical Health:** Improves flexibility, enhances lung capacity, and promotes overall vitality.
- **Mental Resilience:** Reduces anxiety, enhances focus, and builds emotional stability.

- Spiritual Growth: Deepens self-awareness, fosters gratitude, and cultivates a sense of connection with the world around you.

Zania Breath and Yoga isn't just about the time spent practicing—it's about how those practices influence your mindset and actions throughout the day. By living these values, you create a foundation for a fulfilling and harmonious life.

- Incorporating Breathwork and Yoga into Your Daily Life
- Honoring Your Body, Mind, and Spirit
- The Benefits of Regular Practice
- Embody who you become through the new information that enters the doorway of breath.

Chapter 4: Breathwork for Everyone

Breathwork is accessible to all, regardless of experience or age. It is a universal tool that has the power of transformation. Learning to breathe properly is of utmost importance. Without proper breath there can't be proper health!

Breathwork provides a profound opportunity to reconnect with your inner self, cultivating a sense of presence and self-awareness that is often lost in the chaos of daily life. Through intentional breathing, you can access deeper layers of your consciousness, allowing you to process and release emotional tension that may have been stored in your body for years. This process of release not only helps alleviate stress but also clears the mental fog, creating space for clarity and renewed focus.

Healing is another vital aspect of breathwork, as it provides a safe and supportive environment to explore past experiences and unresolved emotions. By engaging in rhythmic, intentional breathing, you can gently uncover and process these layers of pain, fostering self-compassion and acceptance. This healing journey can be transformative, guiding you toward a deeper understanding of your own needs, desires, and goals.

As you reconnect and heal, breathwork paves the way for growth. It empowers you to align with your true self, strengthen your resilience, and cultivate a mindset of possibility and transformation. By integrating this practice into your life, you create a foundation for lasting personal development, opening the door to greater emotional balance, inner peace, and self-fulfillment. Breath by breath, you can reconnect, heal, and grow into the best version of yourself.

The Morning Routine

Starting your day with intention sets the tone for everything that follows. The Morning Routine combining breathwork, movement, and mindfulness to energize your body, center your mind, and align with your goals.

1. Move through three rounds of Sun Salutations to warm up your body and increase circulation.
 2. Continue with 3 rounds of Energizing Breaths to awaken your energy and clear mental fog
 3. Spend 2-3 minutes on a mindful morning meditation focused on gratitude and intention setting cross legged position or lying down.
- Why Start Today?: A consistent morning routine helps you approach each day with purpose and clarity. By taking just 10 minutes for yourself in the morning, you'll notice a shift in the mental emotional conditioning that will start to unblock and release, creating a new sensation of freedom within.

Affirmations: Setting Positive Intentions

Pairing breathwork with affirmations creates a powerful synergy for manifesting positivity and self-empowerment.

- How to Practice: During your breathwork or yoga session, silently or audibly repeat affirmations like:
 - *“I am calm, centered, and free in the present moment”*
 - *“I have the energy to achieve my goals.”*
 - *“Each breath fills me with peace and purpose.”*
- Affirmations reinforce positive thinking patterns.
- Create your own affirmations and repeat them like a mantra.

Start today to harness the transformative power of these simple practices. Remember, each breath is an opportunity to reset, realign, and rediscover your potential. There's no better moment to begin your journey than now.

Take your practice to the next level by exploring our free breathwork and yoga videos online. These resources are designed to deepen your understanding and help you integrate these transformative practices into your daily life.

- Explore Our YouTube Channel: Marcos Welsh Zania breath and Yoga
 - Our YouTube channel offers guided sessions
Free Breath and Yoga Videos for Your Practice
 - Free content is here to support you on your journey.

- Ready to dive deeper? Join our Online Breath for Healing Course to gain a comprehensive understanding of breathwork and its profound impact on your body, mind, and spirit. This course offers:

- Detailed guidance on advanced techniques.
- Insights into how breath can elevate you to your best possible self.
- Practices to help you surrender the past and embrace the present.

By participating in this course, you'll unlock the tools to manifest your true potential and create a life filled with balance and harmony.

Start today—embrace the opportunity to learn, grow, and transform through the power of breath. Visit our YouTube channel or explore the course to begin your journey.

9. Final Thoughts

Your breath is your most powerful tool for transformation. Use it to heal, connect, and create the life you envision. Begin today—one breath at a time.

You deserve to live free from any kind of self-imposed suffering or limiting beliefs. Life's challenges may knock us down, but they don't have to define us. We are free beings, and pranayama shows us the way to rediscover that freedom. With each breath, we surrender the weight of the past and embrace the beauty of the present moment.

This life is too short to waste on repetitive behaviors and thought patterns that no longer serve us. Through the power of breath and mindfulness, we can break free from those cycles and step into a life of clarity, peace, and purpose.

Breathwork reminds us that transformation is not a distant goal but an immediate possibility. Every inhale brings the gift of vitality, and every exhale releases what no longer serves us. This simple act of breathing consciously can unlock our innate wisdom and allow us to live authentically and courageously.

Pranayama and mindfulness illuminate a path to self-realization, teaching us that the present moment is all


we truly have. In the here and now, we find the power to heal, to forgive, and to love deeply—both ourselves and the world around us. Choosing to live with conscious awareness isn't just a practice; it's a declaration that we are worthy of joy, freedom, and fulfillment.

So breathe deeply. Live fully. Begin your journey today, knowing that every breath is a step toward your true potential. Embrace love, embrace peace, and embrace the infinite possibilities within you. The path to transformation starts here, now, with your next breath.

A Joke

John wanted to start practicing Breath and Yoga, and made a note and stuck it on his wall, it said: Tomorrow i will start practising Yoga! When John woke up the next morning, he read the note, it said : Tomorrow I will start practising Yoga!

The moral of this story is that tomorrow never happens, only Today!

If you are here reading this, the magic of the universe brought you here, take this information and use it now 

May you breath freely and lovingly, Namaste 🙏