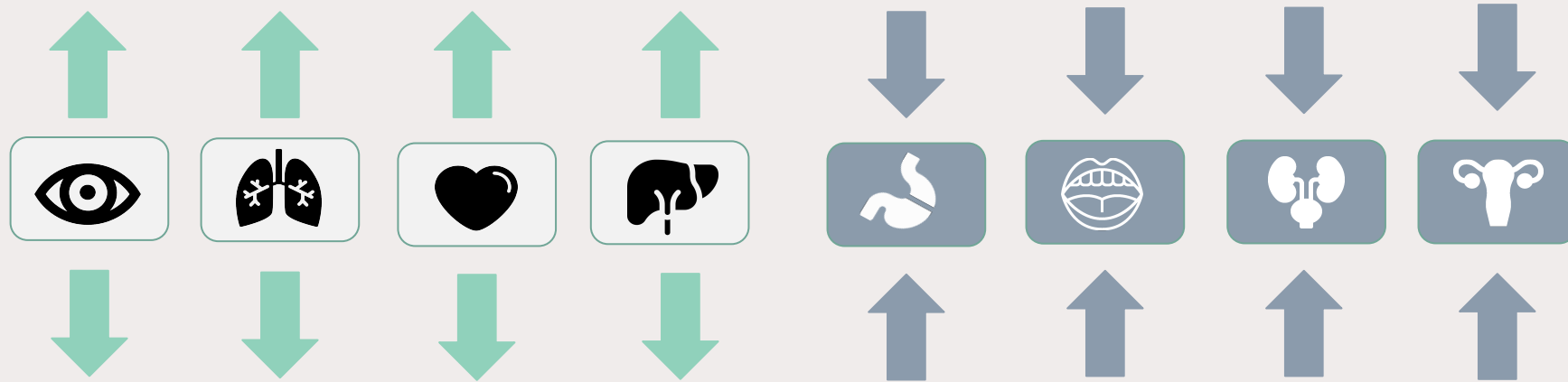


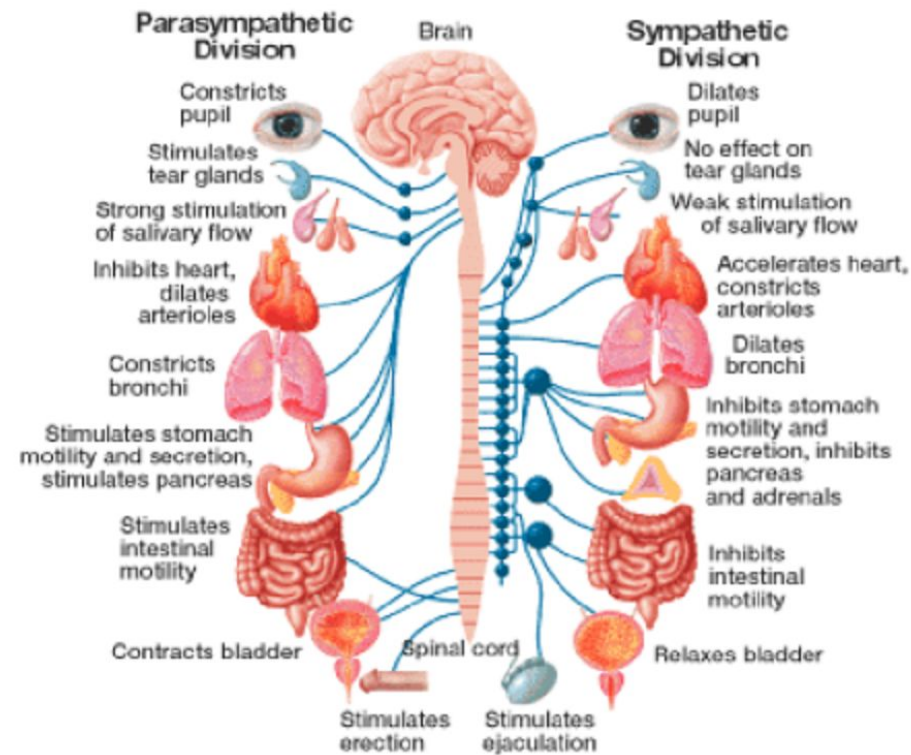
# why use breathwork?

## SYMPATHETIC NERVOUS SYSTEM



## PARASYMPATHETIC NERVOUS SYSTEM

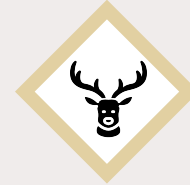
# why use breathwork?



*Figure 2.1.* The autonomic nervous system: Parasympathetic and sympathetic divisions (from Morris & Maisto, 2001, p. 72).

# the polyvagal theory

**FREEZE**



**FLIGHT**



**FIGHT**



STAY &  
PLAY  
REST &  
DIGEST

