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Titolo	Therapeutic Breathwork : Clinical Science and Practice in Healthcare and Yoga // by Christiane Brems
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Nota di contenuto	Part 1: Historical and Conceptual Context for Breathwork -- Creating a Context for Breathwork -- Part 2: Science of Breathwork -- Understanding The Anatomy of Breath and Breathing -- Understanding The Physiology of Breath and Breathing -- Understanding the Psychology of Breath and Breathing -- Part 3: Clinical Applications of Breathwork -- Setting the Stage for Breathwork -- Motivation and Assessment for Breathwork -- Preparing for Body and Mind for Breathwork -- Part 4: Toolbox For Breathwork -- Categories of Breathwork -- Breathwork for Optimal Breathing -- Breathwork With Phases of the Breath -- Specialized Intentional Breathwork.
Sommario/riassunto	Therapeutic Breathwork: Clinical Science and Practice in Healthcare and Yoga translates respiratory science and ancient wisdom into practical guidance for therapeutic breathwork that is individually tailored and person-centered. This book encourages a four-part process of understanding the challenges of the person being served, carefully assessing context and root causes of presented challenges, co-creating clear goals and optimistic motivation, and then offering breath, breathing, and breathwork practices that are individually tailored based on this understanding of each breather's context and personhood. This

text familiarizes healthcare providers and yoga professionals who use therapeutic breathwork in their clinical practice with the science, psychology, and yoga-based pedagogy of breath and breathing. It discusses modern respiratory science in great depth, inviting learners to apply these principles practically and flexibly to create accessible, tailored, and person-centered therapeutic breathwork practices. Practical considerations are outlined for a variety of breathing practices and discussed to optimize accessibility across diverse patient and student populations represented in healthcare, yoga settings, and other therapeutic contexts. It offers providers clear instructions, person-centered guidelines, suggestions for cuing, sample intervention scripts, and wise guidance for adapting and tailoring breathwork to the bioindividuality and diversity of clients, patients, and yoga students. **Therapeutic Breathwork: Clinical Science and Practice in Healthcare and Yoga** serves as an enlightening guide to breathwork and breathing practices for healthcare providers, yoga professionals, and advanced yoga practitioners who want to use breathwork to enhance personal and collective health and resilience in the contexts of healthcare, self-care, and therapeutic yoga.

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