

# **BACK-TO-ESSENTIALS BOOTCAMP**

**Week 2 - Practical Guide**



## **Functional Breathing**

## 2 Practical Guide | Week 2

As mentioned on the website, if you're short on time, you can proceed directly to this week's practical section, which includes a [Guided Functional Breathing](#) audio session. Sharon will guide you through the process and test it with you.

If you choose to go straight to the guided audio practice, without watching the practical video with Sharon, be aware that you may experience mild air hunger during the session, as explained in the [Practical Guided Video](#).

Please refer to the [Breathing Position Guide](#) to ensure this practice is suitable for you.

### STEP 1 - Watch the Educational Video

As mentioned, you can start with this first, then move on to the Guided Practical Video with Sharon and continue your at-home practice for the next seven days. Alternatively, you can begin with the practical part of this week and revisit the educational video later.

### STEP 2 - Daily Practice | Functional Breathing Practice

You can choose how you progress—watch the [Practical Video \(watch here\)](#) with Sharon first and then complete the [Guided Functional Breathing Practice \(download here\)](#). Aim to practice daily during Week 2 (20 minutes). Once you've completed the full audio once, you can skip the introduction next time and go straight to the session.

You can try the practice first, but be mindful that you may experience some air hunger. The Practical Video explains this in detail and is recommended before starting. If daily practice isn't possible, how many sessions can you commit to? Look ahead at the next seven days, plan your schedule, and commit to it. If you can't practice daily, a minimum of four days would be great.

### STEP 3 | Daily Observation and Conscious Breaths

As mentioned, continue to build on body, mind and breathing awareness throughout your day. This time, conscious breaths become [slower and lighter](#) - as guided in the video. You can use the daily observations sheets to note any findings from your learnings and your body, breath awareness challenge throughout the week.

# Day 1 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, mind/thinking, do you feel relaxed, do you feel sleepy, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

# Day 2 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

# Day 3 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

# Day 4 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

# Day 5 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

# Day 6 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?



# Day 7 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

## Functional Breathing Observations

Any observations from your practice? Short of breathe/hard to breathe with the diaphragm /tension?

## Final Reflections | A note from Sharon

Final reflections, learnings or observations from the last 7 days? Have you noticed anything specific? Is there anything you will do differently moving forward?

### You did it!

Congratulations on fully committing to yourself over the last 7 days.

Take a moment for a quick reflection on how the last week has been for you.

In Week 3, we'll deep dive into the nervous system - this is key for improving our physical, emotional and mental wellbeing and health.

**How are you feeling after Week 2? I'd love to hear about your experiences!  
Jump into the [Facebook group](#) and share – let's keep the momentum going as we move into Week 3.**

It has been amazing to have you here with me and I look forward to guiding you through the next steps of your journey!

Sharon x



# SAFETY AND DISCLAIMER

## 1 Medical, safety & disclaimer

Never perform breathwork while driving, operating machinery or in water.

Breathwork is safe and can offer an enjoyable, uplifting, liberating and healing experience. However, there are a few cases where certain breathwork techniques would not be recommended. Activation and dynamic breathing techniques or sessions with breath retentions (intermittent hypoxic training) would not be advised for certain conditions unless under medical advice and guidance. Some cases include: Pregnancy, Epilepsy, Pre-existing lung disease (COPD), Severe cardiovascular conditions, a detached retina or glaucoma, heart conditions or arrhythmia, Bi-polar disorder, schizophrenia or psychosis

If, for any reason you are unsure, please contact your GP or medical advisor before embarking on a breathwork journey.

Sharon Burkey Coaching and The Social Breathwork are not a substitute for medical advice, and we recommend if you are concerned about your breathing or have any underlying medical conditions, or are experiencing breathing discomfort, chest pains, erratic heartbeat, feeling dizzy and lightheaded or any other concerns you should seek medical advice and support immediately.

## 2 Disclaimer

The information and breathwork sessions provided by Sharon Burkey and The Social Breathwork, are not to be used as a substitute for trauma recovery or procedures of a medical or psychological nature. Products and services can be used as an additional modality supporting healing and are not intended to diagnose, treat, or guarantee results, or cure, although the effectiveness of breathing well and breathwork can have a profound impact.

Any breathing tests and checks completed with The Social Breathwork are not a diagnosis and are to assess if your breathing is showing signs of developing breathing habits, which may be dysfunctional and hindering you.

The breathing exercises provided are a guide only, you should always listen to your own body and not push yourself, if you feel unwell stop. Sharon Burkey and The Social Breathwork and its facilitators cannot be held responsible for any mental, physical or emotional challenges that may arise from this work - your wellbeing is key, so go at your own pace and follow your own breathing and body cues over my guide.

[.thesocialbreathwork.com](https://thesocialbreathwork.com)

[info@thesocialbreathwork.com](mailto:info@thesocialbreathwork.com)

  [#thesocialbreathwork](https://www.instagram.com/thesocialbreathwork)