



# TRANSFORMATIONAL BREATHWORK

TRANSFORMATIONAL  
BREATHWORK MASTERCLASS

JON PAUL CRIMI

MASTERCLASS WORKBOOK



# HOW TO USE THIS WORKBOOK ...

1.

You can download this workbook as a PDF, and if you prefer, you can print it.

2.

Ensure you fill in the exercises within this workbook so that you can integrate the teachings into your own life.

3.

Journaling is integral to our spiritual journey. We created spaces for you to journal the insights from your Masterclass experience and reflect on how you can implement these insights.

4.

Join our Facebook community group [\[link to local Facebook group\]](#) to share your insights and questions with like-minded people who have also embarked on a personal transformational journey!



# WELCOME TO THE TRANSFORMATIONAL BREATHWORK MASTERCLASS

We are glad you are taking part in this masterclass with Jon Paul Crimi. Congratulations on taking this step to learn the transformative powers of breathwork.

The world is full of wounded people looking outside of themselves for healing. Often this fixation on the external world can lead to destructive behaviors, as you will hear from Jon Paul's own redeeming life story. We rarely find the answers to life's most pressing questions when we look outside of ourselves for the answers. Dispensing with complicated ideologies and convoluted practices, Jon Paul invites you to discover the simple, cleansing, and healing powers of your own breath.

Jon Paul teaches a simple, natural technique of breathing to assist in healing the parts of you that hurt by releasing emotional pain, relieving stress & anxiety, and rediscovering the wondrous miracle that is life. He takes you on a journey to what he learned in one of the first sessions of breathwork that changed his life, showing how you can also transform your life with the power of breathing. This method helps you to overcome your limiting beliefs that you have internalized since childhood, resolving them in a short time. He will help you understand how to be aware of these beliefs and how they deny access to a fulfilling life. Breathwork is a tool to bring you to physical and mental health.

It is a step toward changing your life. Like a magnet, you will attract amazing people and opportunities because you love yourself and radiate contentment and deep gratitude.



# COPING

As children we develop strategies to deal with difficulties, which we take with us and use for our lives. Often these strategies are based on feeling desperate and unable to handle the pain—so we don't want to feel it. That's why we use things from the external world to distract ourselves, such as food, alcohol, drugs, sports, social media, TV/movies, and even reading. These coping mechanisms become a way to “check out.” Everyone develops their own mechanisms that they have learned to use to feel safe. But with this approach, we fail to deal with our problems. We push the problems out of the way, which doesn't solve them but ultimately aggravates situation that we are caught up in. Nothing from the outside will fix you on the inside.

## PAIN IS THE TOUCHSTONE FOR SPIRITUAL GROWTH.

Unfortunately, most people don't change or make shifts until they are in a lot of pain. Often, it's challenges like health crises, divorce, financial hardship, and job loss that cause people to finally recognize and admit that something needs to change and they need to seek help, which requires trying something new and stepping out of comfort zones.

Life is never easy, and we can't wait for everything to be perfect to be happy. It's necessary to learn to ask ourselves, “Who am I without that job/relationship/house?” Who are you if your health and physical looks and/or abilities abruptly change?

Science has proved now that trauma is passed down through our DNA. So, we may have traumas that we don't even know how to trace.



# CHANGE YOUR BREATHING, CHANGE YOUR LIFE

If you want something different, you have to do something different, even if you don't want to or it seems strange at first. Doing the same thing over and over will not give you a different result.

When we experience stress, anxiety, and depression, we breathe very shallowly and are not even aware of it. This adds to the problem. Deep breathing is so important for our health and well-being. When you change your breathing, your emotions and your life also change. You can get rid of suppressed emotions and let go of limiting beliefs. You become aware of who you actually are, letting go of your blockages.

You are the only one who can initiate this process. It's up to you to bring about change. Breathwork lets you feel deeper feelings. Through this deep transformation you become a magnet for what you want to attract into your life.



# FREE YOURSELF FROM YOUR PAST

Forgiveness is a big hurdle for many people, causing them to become stuck. Being locked into resentment affects our whole life and is detrimental to our health and happiness. We forgive to free ourselves from the past, which is preventing us from finding new paths in our current relationships. If you want to feel love and gratitude, you have to make the choice to also feel and work through the pain of the past—and then release it. Continuing to carry the pain is what affects not only our physical and mental health but our goals and relationships. When we can shift the pain, we can open to new experiences. Breathwork helps with the shift.

Jon Paul says that Self-love is showing up and doing the hard work. Are you ready to show up for breathwork?



# PREPARATION FOR BREATHWORK

Before beginning, note Jon Paul's list of experiences that can happen during breathwork so that you're prepared. You will need to push through discomfort physically, emotionally, and mentally. It won't be the same each time you do a breathwork session.

## Possible Physical Experiences:

- tingling
- feeling hot or cold
- tight jaw
- cramped hands (could also be a sign of calcium/magnesium/potassium deficiency)

## Possible Emotional Experiences:

Emotions will come up—let them come up and out. Don't push them back down.

- sudden strong emotions
- crying (it's important to give yourself permission for it to happen, if it does, but it's not a requirement and nothing's wrong if it doesn't happen)

## Possible Mental Experiences:

Until you realize the experience of transient hypo-frontality—overriding the part of your brain that is concerned with survival—your brain is going to try to interfere with a process that you aren't quite comfortable with yet. This is the part of your brain/ego that also wants to tell you that you aren't enough in some way, which blocks happiness. Happiness isn't what that part of your brain is concerned with. You will recognize this when you start having thoughts like:

- "I don't like this."
- "Why did I sign up for this?"
- "This is weird."
- "Something's wrong."

Or you'll start thinking of little jobs to do as an excuse not to just do the breathwork:

- "Just do a little yoga stretch first."
- "Let me just clear my energy."
- "Turn the music volume up or down."
- "I should have eaten something before I started this."
- "I need to get a glass of water."

YOU ONLY NEED TO BREATHE.



# EXERCISE: BREATHING TECHNIQUE

For this technique you will breathe through your mouth. Most of the time, you should breathe through your nose, but for this technique we'll breathe through the mouth to take in more oxygen.

20 minutes:

2 breaths in, one breath out (all through the mouth).

- 1st breath, belly.
- 2nd breath, chest.
- Exhale.

If you become truly uncomfortable, you can stop at any time. To stop, just close your mouth and start breathing through your nose. But we want to push through the discomfort of trying something new, so if you just feel weird about trying a breathing exercise, hopefully you will continue.

Tip #1: Don't start out fast and push the exhale. That's one of the reasons that cramping happens. Relax on the exhale. All the work is on the inhale.

Tip #2: Don't get frustrated with yourself if you mess up the breath sequence. Just continue. Be gentle with yourself.

Tip #3: Your brain will start telling you that you're hungry or thirsty.

Tip #4: Why the heck am I crying? Just let it happen.

Tip #5: At the end, there's a yell. If you are in an apartment, you can use a pillow.

Tip #6: If you don't get anything during the gratitude exercise, you're not doing something wrong. Just feel a heart connection. Relax.

Tip #7: Don't jump up and run out the door. Take some time and drink some water. Don't drive anywhere for at least 30-60 minutes.



## **REFLECTION:**

What was the experience of your first breathwork session? How did your physical, emotional, and mental reactions respond? Were you able to recognize release from specific events in your life? Do you recognize particular patterns of your behavior that you need to work on?

What prompted you to try breathwork (see your Preparation Sheet responses)?

# NOTES



# HOW TO CONTINUE YOUR TRANSFORMATION AND HEALING JOURNEY

“SELF-LOVE IS SHOWING UP AND  
DOING THE HARD WORK,”

says Jon Paul Crimi.

This Masterclass was a sneak peek into the 5-Part In-depth Transformational Breathwork Course.

The in-depth course is designed to provide you with all the tools you need to remove the emotional blockages that keep you stuck and prevent you from truly healing.

In this course you will journey into topics such as Stress & Anxiety, Self-Healing, Manifesting and Accessing the Super You, and will practice specific breathwork and affirmation sessions that you can use anytime you feel you encounter life's challenges.

In addition, you will be able to access exclusive bonus teachings and meditations from powerful mentors such as Scott Schwenk, Dr. Ruediger Dahlke, Laura Malina Seiler and Petra Brzović!

To Learn More About the Full Course Visit Our Website: [\[LINK TO OFFER PAGE\]](#)

CHANGE YOUR BREATHING. CHANGE YOUR EMOTIONS.  
CHANGE YOUR LIFE.