

*Aishwarya Devi*

THE  
**BREATHWORK**  
GUIDE

Heal Your Womb  
Upgrade Your DNA

*Let me give you a little bit*

# *About Me*

Hi, I'm Aiesh, an embodied yoga instructor and coach specializing in breathwork and emotional release. My passion lies in empowering others to embark on transformative wellness journeys and reconnect with their true selves. Rooted in my love for holistic health, personal growth, and the deep passion of Hindu culture, I find joy in guiding others toward healing and self-discovery.



My path to wellness wasn't easy. I endured a challenging childhood, navigated heartbreak, and faced significant health struggles. But over the last decade, I've cultivated a place of balance and wholeness—a space where healing and growth coexist. This transformation inspired me to create a guide that reflects my journey and serves as a resource for those seeking to overcome life's obstacles and rediscover their inner light.

I believe healing is a continuous process, but I also know we can reach a state of inner harmony where we feel truly whole. My mission is to serve humanity by sharing tools, insights, and practices that guide others toward that sense of completeness.

Whether you're beginning your wellness journey or seeking deeper alignment, I'm here to walk alongside you, helping you grow into the best version of yourself. Let's rise together.

*Aieshwarya Devi*



# Feminine Vs Masculine Mindset

In breathwork, we often explore the duality of the feminine and masculine mindsets, both of which are present within every individual regardless of gender. These two energies represent complementary ways of thinking, feeling, and engaging with the world. The feminine mindset embodies flow, intuition, and emotional connection, while the masculine mindset centers around structure, logic, and purposeful action. Understanding these distinct yet interconnected energies allows you to deepen your breathwork practice, balancing emotional release with focus and intention. The table below highlights the key differences between these two mindsets to help you navigate and integrate both spectrums into your experience.

## FEMININE

Flow, Intuition, receptivity

Feeling, being present in the moment

Embraces emotions, seeks connection & nurturing

Creative, expressive fluid

Open, vulnerable, connected to inner experience

Surrender to the flow, intuitive exploration

Healing, introspection, emotional release

Relational, prioritizes harmony

## MASCULINE

Structure, logic, action

Achieving, goal-oriented thinking

Problem-solving, seeks solutions and outcomes

Direct, decisive, linear

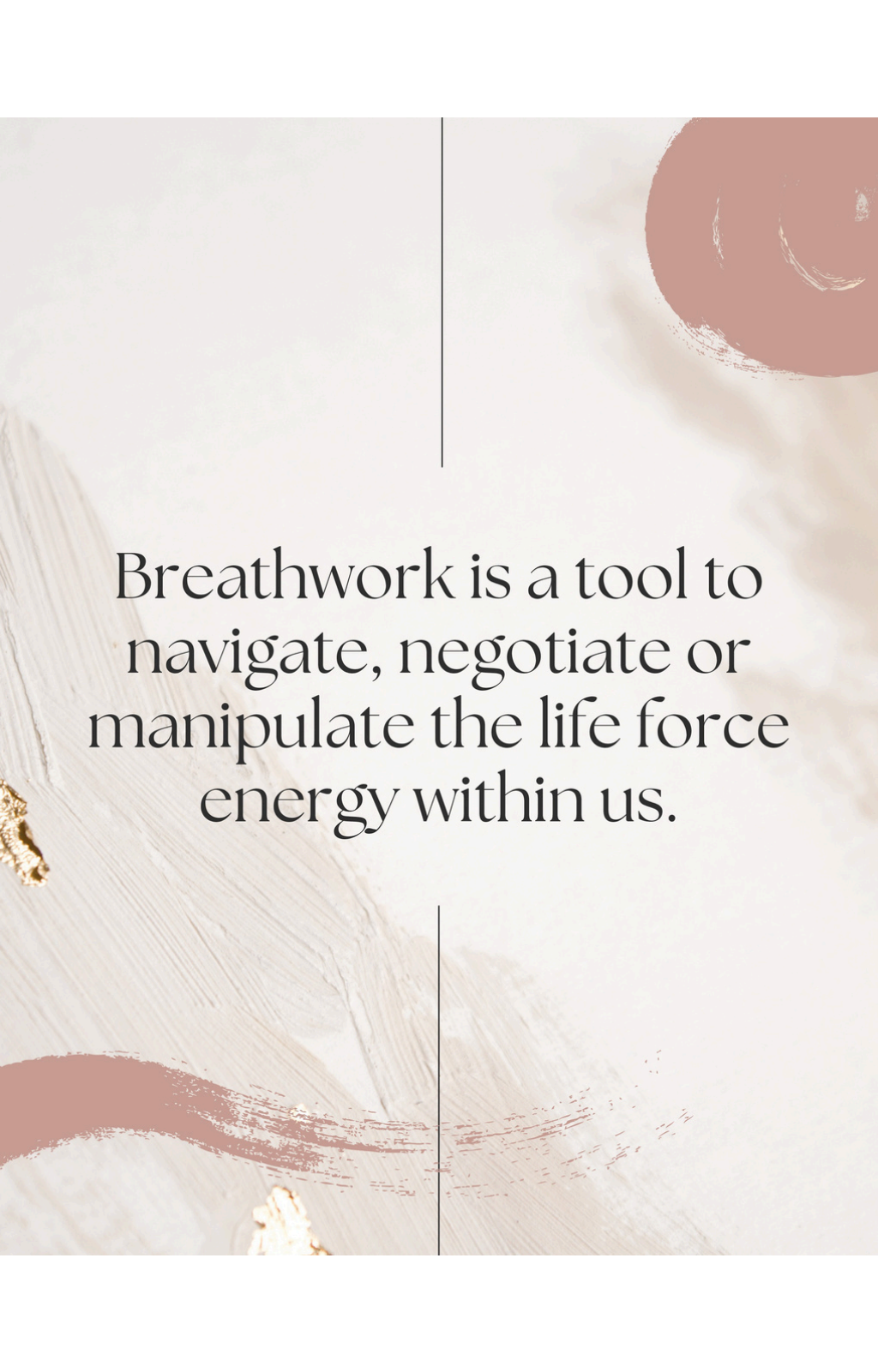
Controlled, steady, focused outward

Discipline, intentional breath control

Growth, Clarity, mental focus

Independent, prioritizes boundaries

VS

The background features a light beige color with various brushstrokes in shades of gold and red. A thin vertical black line runs down the center of the page. The text is centered and reads: 

Breathwork is a tool to  
navigate, negotiate or  
manipulate the life force  
energy within us.

# What is BreathWork?

## WHAT IT DOES TO THE NERVOUS SYSTEM...

How we breathe throughout the day directly impacts the nervous system by influencing the heart and brain. Slow, deep breaths stimulate the vagus nerve, increasing heart rate variability (HRV) and activating the parasympathetic “rest and digest” response. Rapid, shallow breaths reduce HRV, triggering the sympathetic “fight or flight” state. This connection allows breath control to regulate stress, emotions, and overall well-being.



## WHAT IT DOES TO THE CONCIOUSNESS...

By activating consciously, we are willingly choosing to step into non-ordinary states of consciousness. Our default mode network and our life story created thus far are highly affected. By going into this state of consciousness we are able to form new neural pathways & discover a new found potential for reassociation & new thought patterns to be made.

*Trust yourself.*

# Activation vs De-Activation Breathwork

Activation and deactivation breathwork are two powerful tools for regulating your energy and emotions. Activation breathwork involves stimulating breathing techniques that increase energy, focus, and motivation, ideal for starting your day, workouts, or preparing for a challenge. Deactivation breathwork, on the other hand, uses calming techniques to relax the nervous system, release tension, and promote deep rest, making it essential for winding down or managing stress. Understanding both allows you to adapt your breath to your needs, creating balance and resilience in your mind and body.

## ACTIVATION

Energize, activate & stimulate  
the body & mind.

Fast, intense, rhythmic breathing

Increase energy, vitality,  
alertness

Break through emotional blocks,  
generate focus, or tap into  
deeper states of consciousness

Holotropic breathing, Wim Hof  
method

Tingling, lightheadedness, or  
emotional release

Heightened awareness,  
emotional activation

Overcoming challenges,  
boosting creativity, or initiating  
transformation

## DE-ACTIVATION

Relax, calm, & ground the body  
& mind.

Slow, gentle, deep breathing

Reduces energy, promotes  
relaxation, & restores calmness

Relieve stress, induce relaxation,  
or prepare for rest

Diaphragmatic breathing, box  
breathing, 4-7-8 breathing

Calm heartbeat, relaxed muscles,  
and a sense of peace

Clarity, reduced anxiety, and  
mental stillness

Stress relief, grounding, or sleep  
preparation

VS

A decorative background featuring gold leaf flakes scattered across a light, textured surface. The gold leaf is concentrated in the top and bottom corners, with some smaller pieces scattered in the middle. The overall effect is elegant and sophisticated.

## 3 Levels of Resistance

1

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Mental

The tension before growth, where fear meets transformation. Leaning in reveals strength and new possibilities.

2

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Physical

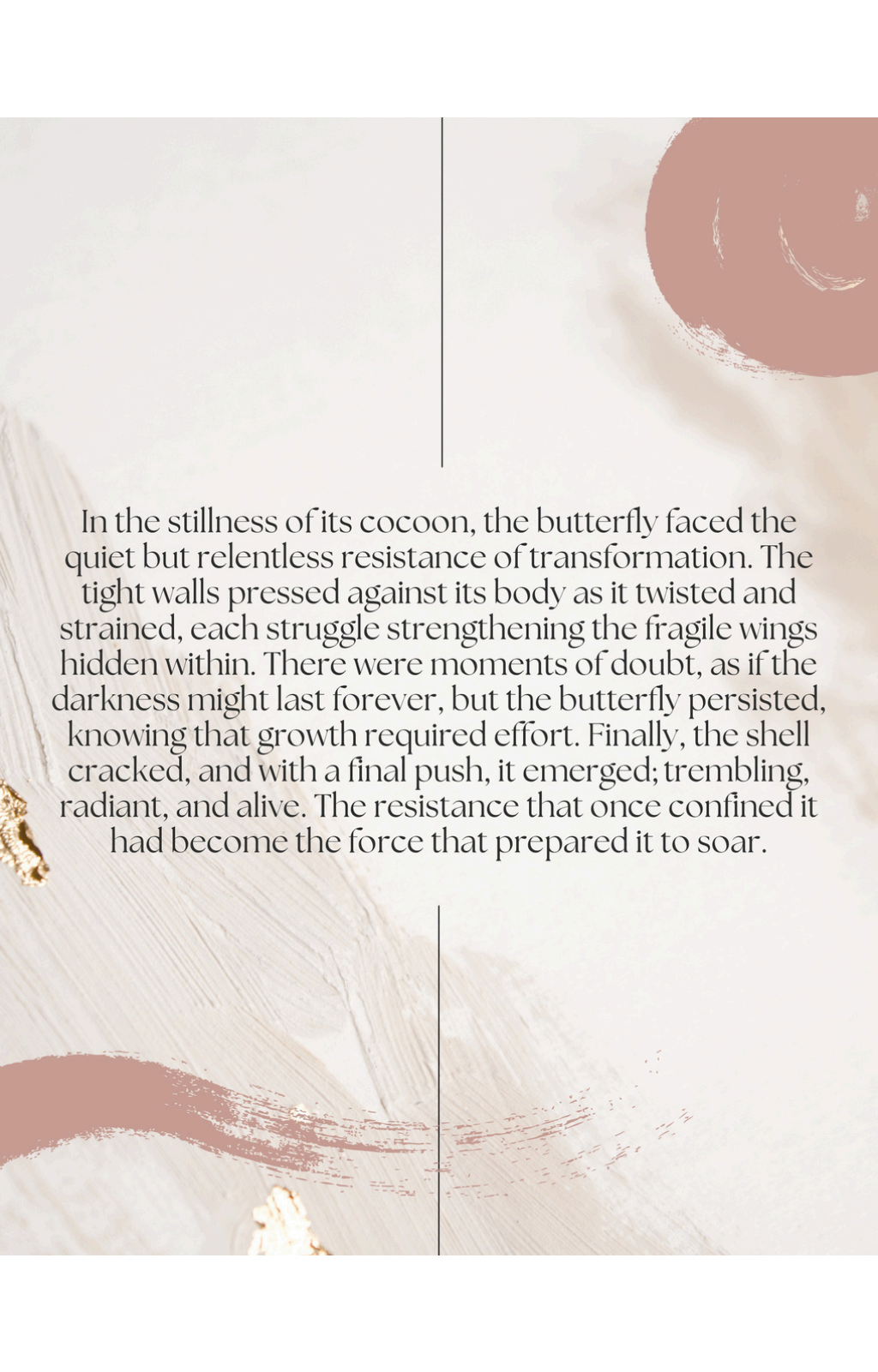
The strain that builds strength, where effort meets endurance. Embracing it fuels growth and resilience.

3

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Emotional

The discomfort of facing feelings, where vulnerability meets healing. Moving through it fosters growth and connection.



In the stillness of its cocoon, the butterfly faced the quiet but relentless resistance of transformation. The tight walls pressed against its body as it twisted and strained, each struggle strengthening the fragile wings hidden within. There were moments of doubt, as if the darkness might last forever, but the butterfly persisted, knowing that growth required effort. Finally, the shell cracked, and with a final push, it emerged; trembling, radiant, and alive. The resistance that once confined it had become the force that prepared it to soar.

# Mental Resistance

Mental Resistance is the internal pushback we feel when we are in conflict with the inner story being told. Here we will be met with your understanding of the Mindsets, the Feminine & Masculine. The key to overcoming this form of resistance is grace; no judgement, no attachment, just surrender and allow the story to unfold. Use the rhythm of your breath as the anchor of your mental awareness. By coming back to the rhythm of the breath you choose to be in the present moment, this is the resilience you create to get back to a state of presence within your mind. Slowing down the breath slows down the mind while speeding up the breath speeds up the mind. This usually manifests early on within the breathwork practice.



## WHAT IS IT?

When we are in conflict with the story that is being told. Resistance to what is.

## HOW IS IT EXPERIENCED?

Being unable to relax into the experience of the practice. It will start to manifest as thoughts that take you on a journey.

## WHAT IS THE OPPORTUNITY?

Wisdom- Knowledge or information gained & experienced. By leaning into the thoughts, we strengthen our resilience & uncover new possibilities.

# Physical Resistance

During an activated breathwork session, physical resistance may arise as the body processes stored tension and emotional blockages. This resistance can manifest as discomfort, muscle tightness, or involuntary movements as the breath stimulates the nervous system and energy flow. Tetany, a common response during breathwork, involves temporary muscle cramping or spasms, particularly in the hands, feet, or face. It occurs due to changes in carbon dioxide and oxygen levels in the body, which temporarily affect nerve and muscle function. While it can feel intense, tetany is a natural, short-lived phenomenon that often indicates a deep release and recalibration within the body.



## WHAT IS IT?

Areas of the body that are holding stagnation & tension may rise to your awareness as rapidly increased energy moves through them.



## HOW IS IT EXPERIENCED?

Internal blockages in the body will cause sensations oscillating between pleasure & pain.

Pain spectrum-  
constriction,  
tightening, soreness.  
Pleasure spectrum-  
enjoyment, calm, bliss.  
Often we get stuck in  
pain & lost in pleasure.



## WHAT IS THE OPPORTUNITY?

Except & Embrace:  
Can we create space?  
We are the awareness  
that sits & the body  
adapts, building the  
space between our  
thought, body, &  
emotions.

# Emotional Resistance

Emotional resistance during an activated breathwork session often arises as the body and mind begin to release deeply stored emotions, patterns, or trauma. It may manifest as a sense of discomfort, frustration, or a desire to stop the practice altogether. This resistance is a natural response to the vulnerability of confronting suppressed feelings, as the breathwork activates areas of the nervous system tied to emotional release. By staying present and allowing the breath to flow, you can move through this resistance, uncovering deeper clarity, healing, and a profound sense of liberation on the other side.



## WHAT IS IT?

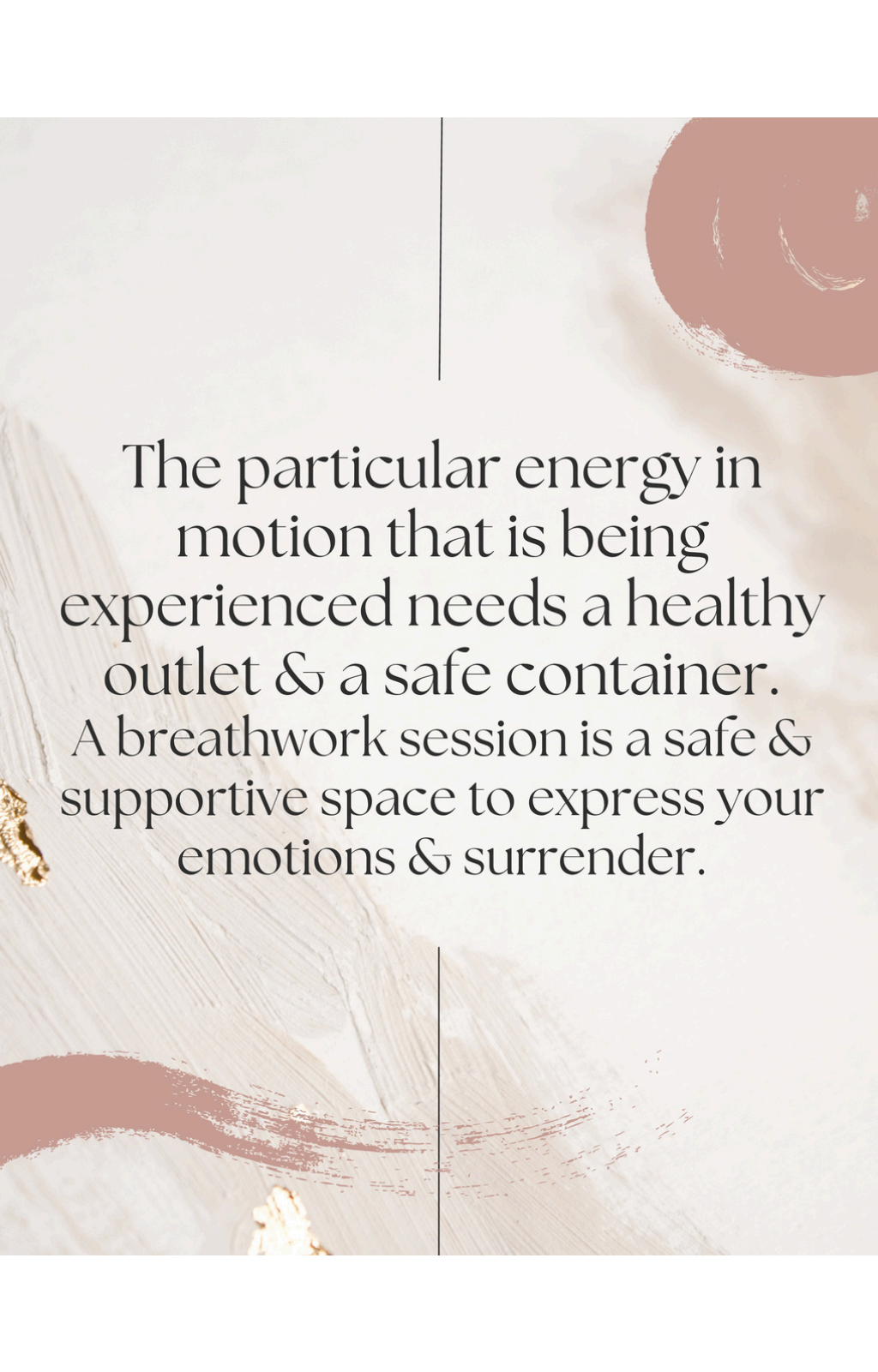
Breathwork is a modality to open the gates to deeper parts of ourselves that we are distracted by during our normal waking state of consciousness. Emotions that have been masked & suppressed for years may begin to peel away & emerge

## HOW IS IT EXPERIENCED?

Buried memories & matters of the heart may surface. Anything from ecstatic bliss to reageful anger to deep grief may be experienced. The range of emotions falls on a wide spectrum.

## WHAT IS THE OPPORTUNITY?

The emotion is of the utmost importance. The expression of that emotion is far more important than the rhythm of the breath. The opportunity- to authentically express the energy in motion that is being expressed in that moment

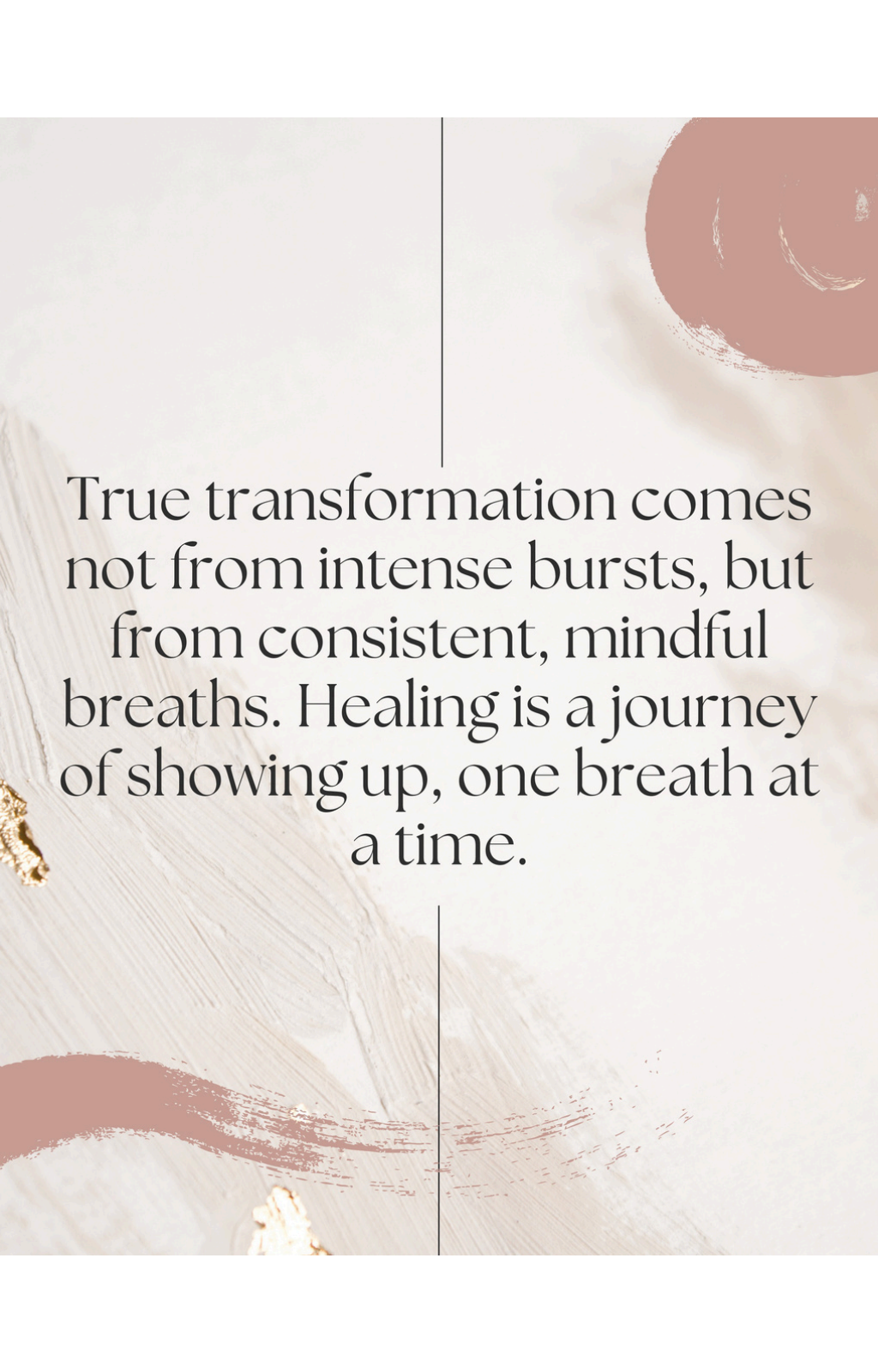


The particular energy in  
motion that is being  
experienced needs a healthy  
outlet & a safe container.  
A breathwork session is a safe &  
supportive space to express your  
emotions & surrender.



Take a moment, close your  
eyes, and breathe...

Check in with yourself.  
How do you feel?  
Set your intention.



True transformation comes  
not from intense bursts, but  
from consistent, mindful  
breaths. Healing is a journey  
of showing up, one breath at  
a time.

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READY TO  
UPGRADE  
YOUR DNA  
& SHIFT  
YOUR  
IDENTITY?

Book a free clarity call today