

BREATHWORK ARCHIVES

SEASON 1



PULMONAUTIKA



WELCOME TO THE BREATHWORK ARCHIVES SEASON 1:

Thank you for your Purchase. Your contribution to Pulmonautika helps make breathwork and meditation more accessible to thousands of people all over the world. May these breathwork activities help you on your journey of Self Discovery and may it help enrich your meditation experiences.



Inspira-Expira-Prisma





Pulmonautika Archives List

*Thanks for purchasing the Breathwork Archives Season 1. Below you'll find every breathwork meditation contained within the file with their respective duration listed as well. Each breathwork meditation has its own documentation as well for further exploration. Also please check out the document **"READ BEFORE BREATHING"** if this is your first time engaging with breathwork meditations.*

1. 101 Breaths of Success (Routine) **16:33**
2. A Breath of Presence (Transpersonal) **25:00**
3. Back to the Roots (Transpersonal) **29:51**
4. Box Detox (Box Breathing Guided) **35:08**
5. Breathwork Factory Reset (Routine) **28:15**
6. Breathwork Manifestor (Vortex) **36:47**
7. Bullet Breath (Modified Tummo) **16:14**
8. Coherent Thunder Breath (Coherent 5:5) **42:10**
9. Daily Cyclical Sigher (Cyclic Sighing) **6:40**
10. Slow it down (Oceanic Breathing) **21:45**
11. Divine Breath (Box Breathing + Awareness Meditation) **23:56**
12. Energy Power Breather (Transpersonal Routine) **56:53**
13. Energy Power Breather Condensed **39:59**
14. Relax – Unwind – Let Go (Deep Relaxation) **38:40**
15. The Grateful Breath (Transpersonal) **59:54**
16. Transpersonal Journey (Transpersonal) **1:11:69**
17. Humming for Health 1 Full Hour (Wim Hum Dynamic) **59:56**
18. Humming for Health 2 (10 min Humming) **20:32**
19. Infinity Self (Breathwork Routine) **29:51**
20. Full Moon Reality Shifter (Guided Routine) **1:26:55**
21. Breathwork Chakra Opener (Guided Routine) **27:56**
22. Peace Power Protocol (ADVANCED Transpersonal) **54:18**
23. Breathwork Power Hour (Dynamic Routine) **53:28**
24. Quantum Shift Breathwork Dynamic **38:40**
25. Crossing the Threshold (Guided Meditation) **32:31**
26. Breath Kata 2 – Tummo Fire Tamer (Tummo Breathing) **35:17**
27. A Breath of Blessing (Guided Sequence) **33:37**
28. The Vowel Breath (Transpersonal w Vocalizations) **39:59**
29. Thunder Cycle Blessing (Cyclical + Meditation) **23:27**
30. Unguided Breathwork Session 1 – **33:03**
31. Unguided Breathwork Session 2 – **32:31**

TOTAL MEDITATION TIME: 20HRS+

