

# JOSH TRENT

## Breathwork to Improve Mood, Creativity, Focus & Relaxation

### Jason Prall:

Hello, and welcome everybody to this Masterclass, I'm here with Josh Trent. And he's going to be showing us some amazing tools that we can use throughout our day for improving anxiety, depression, physical ailments, and just getting us through these sort of acute things that go on throughout our day. So, Josh is a fantastic breathwork teacher, he's got his Breathe Wellness program, that he's going to be sharing a little bit with us today, and teaching us a little bit about how the breath actually works. And why it's important to focus on this if we want to awaken, if we want to heal, and if we really want to just go through our day with a little bit more ease, a little bit more piece. And I think that's really what Josh preaches on a consistent basis is, how do I get through the day with a little bit more piece?

### Jason Prall:

So, Josh, I hope I didn't put words in your mouth there. But I guess I'd first love to hear about some of the things that we do from a maladaptive standpoint when it comes to breath, because if you're teaching breathwork, then that means that there's something that we're doing that isn't quite optimal. So, what do you see? What are the pattern ways that most of us breathe that we don't even recognize?

### Josh Trent:

Yeah. We have become victims of intellectualization, we've become victims of the mind because the mind can be a tyrant. And if you're watching this after, you've seen Jason and I go on a high level into the breath and welcome, because this is the depth of the breathing and the breath practices that will actually help us where we are. Because where we are, is different than how nature intended it to be. Right? Before we recorded I was laughing with Jason, we really want to teach people how to breathe like nature intended us to breathe. But we don't live in nature anymore. We are disconnected. We are in rooms with lights and cubicles. So here's three things that happen when we become disconnected from nature, specifically to our breath. The first is posture kyphosis. I'm on a chair that I can actually sit cross legged and so on and my spine is really straight. Most of us, we sit and we have what's called a kyphotic lean.

### Josh Trent:

So, do you ever see, maybe elderly people, they have a bubble on their back. What happens there, is their pectoralis minor and major gets really tight and starts pulling their shoulders forward. We work at the computer, so we're typing, we're on a cell phone, or we're in a car or all of our life is forward facing. Rarely do we ever open up our chest, lay on a foam roller and feel what it is to have our thoracic spine be extended. Most of the time our thoracic spine is just flexed. And so that's the first thing that happens when we're sedentary. So really allow that to sink in because your lungs and your diaphragm need to work in harmony. And as we talked about in the previous talk, when we breathe through our belly, we're not actually just breathing through the belly, we're breathing through the dome shaped muscle that is the diaphragm. And that muscle runs 360 degrees from our belly button all the way back to our kidneys.

**Josh Trent:**

So when you're breathing through your belly, you're really just shifting organs around so you can have spaciousness for your diaphragm to breathe. The second thing that happens, is we become traumatized. Now, I'm not here to do a deep dive on physical, mental or even sexual trauma, but when people experience capital T trauma, deep traumatic experiences, especially not excluding any other age, but especially zero through seven, what happens is there is literally a myelin sheath and synapses that are wired in the brain that teach us to breathe through our mouth. Because whenever we are running, we have to get as much air in and as much air out as possible. And so what is the difference to our nervous system when we're being chased by a robber or a tiger, or when we're experiencing trauma? There's really no difference to the nervous system. So we have to get in and out air as much as humanly possible, which cuts off our connection to our nose, and we cut off connection to our nose, we become mouth breathers. This is the second piece of the victims of sedentary and intellectual society.

**Josh Trent:**

We stop getting all the benefits of calm, conscious, connected breathing. The inhale is sympathetic, the exhale is parasympathetic. When we exhale, that's what's cuing our vagus nerve to relax our nervous system. When we inhale through our nose, that's what's allowing us to first acknowledge the stress that we even have. If you look at Dan Brule's work and you study the spiracle nodules in the nose, air that is spiraled into the nose, it's shaped and it's coded and it goes into our body as information. Can you imagine if on your computer, you deleted all the source files, your computer wouldn't know what to do. We have deleted our source files by becoming mouth breathers. And then the third thing that happens to us from a dysfunctional perspective, is our lower body and our upper body are connected by our spine. If we're not breathing properly, we literally lose somatic intelligence from our feet to the ground, to our mind.

**Josh Trent:**

These Afferent and efferent nerves that feed back and forth through the brain, we start to not necessarily feel the Earth under our feet anymore. We don't really smell things properly anymore, we start to lose other experiences of life because we're being still and we're breathing through our chest. And that's actually the fourth one. The fourth one is that we become upper chest breathers, right? So I talked about the other three, but a bonus one that isn't a bonus, it's a gift that we want to give goodbye to, and we will in this masterclass, that is we become tight here in our scale ins, we become upper chest breathers, and we really lose connection to what it is to breathe through our diaphragm. So, there's a lot there. And it doesn't have to be fearful, anyone can shift this, anyone can change this. It just takes a bit of understanding and a bit of application.

**Jason Prall:**

So, what happens sort of mechanically, as a result of a lot of these things? Do we breathe more shallow? Is it more rapid? What's kind of going on? What can I look to in my own breath to notice, "Oh, yeah, there's something that's it's off here."

**Josh Trent:**

Yes. If you're looking here on this diagram, you can see the lungs sit above this dome shaped muscle. And so what's below the lungs is the diaphragm. So physiologically, when you're not breathing properly, you are literally cutting off oxygen supply slowly over the course of months or years, you are cutting off oxygen supply, not just to your lungs, but also to your cells. And that's a really big point to make. Because

when you see the diaphragm here, and you see that muscle, the diaphragm that sits out of the lungs, it goes around your entire body, if you are cutting off an oxygen supply to your body, and an air supply to your lungs, there's only a matter of time before that is going to promote unwellness, dis ease. So, that's really what we're talking about here. And the list goes on and on.

Josh Trent:

Most people with respiratory issues, it's not because their lungs aren't strong, or they can't breathe, it's because their body through the capital T trauma or just through sedentary lifestyle, or really just learned behaviors, and we can talk about that too, it just teaches people to not take full breaths, because in order for us to really feel and be present to everything that's going on in our life, we have to take full, rich, deep circular breaths. When we don't, it's a perceived safety, we might feel more safe when we don't breathe fully, but the moment you start to really breathe fully, and really understand what's down in yourselves, you will be experiencing catharsis. And catharsis, it can sometimes be scary. And so you need to be in the presence of a skilled practitioner for that. So, there's a lot to unpack here. But essentially, the physiological aspects are very simple to understand. They're just... They can be challenging to change without the right supervision.

**Jason Prall:**

Well, I know you got a few more slides. And I definitely want to get into those because I think the visual for me, is very helpful. But one thing I want to mention that came to mind as you were talking, is that between the zero and seven age, that's where most of our patterns, physiological, mental belief systems, emotional patterns are developed, right?

**Josh Trent:**

Yes.

**Jason Prall:**

And we're not fully conscious. Quite literally, we don't have the prefrontal cortex developed to make conscious decisions. And so, if we just at least acknowledge that aspect of our development, then most of the way that our body behaves, is patterned. And I think for most of us, it is this maladaptive pattern that we've developed both of the nervous system, again, beliefs, ideas, thoughts, emotions, and of course, the breath, right? So this is why I think it's so important to... If you don't feel like diving right in, that's okay, but at least start to explore some of this stuff and see what's there and see what you can do with it.

**Jason Prall:**

And I think for me, if anybody out there is like me, that I actually benefit from learning this stuff, it helps sink it into my sort of being, it helps me really ground it and conceptualize the importance of this stuff, right? Some people, they just get it. You tell them these things and they say, "I know how important this is, I'm gong to do it." I'm actually not one of those people, I need a sort of intellectual aspect to this and a visual aspect. So please, share some of those slides and let's get into some of this learning. Because it does, it really helps embed it into my system and I'll practice it more this way.

**Josh Trent:**

That's great. And I love how you're a learning leader. I believe that's really the mark of a great leader, is someone who's open to listening and learning. And so no matter if you're spiritual or scientific, if you look at this slide here, and this is from *Frontiers in Psychology*, titled, *The Effect of Diaphragmatic*

Breathing on Attention, Negative Affect and Stress in Healthy Adults. Basically what they showed from this in conclusion was diaphragmatic breathing which we're going to preview, we're going to walk you through, it had a direct effect on cortisol, which is our primary stress hormone. So, when cortisol elevates. And by the way, I'm doing a little hack myself, I'm wearing a CGM, a continuous glucose monitor today. And I've been playing around with apple cider vinegar and breathwork and different foods. And seeing what spikes and what calms my blood sugar.

**Josh Trent:**

I have to tell you I did a sauna this morning. I have anecdotal evidence that this clinical scientific study is true. I feel after I do specifically sauna and breath in the morning, oh, my God! I just feel like I can take on the world. And that's something that scientifically, you can see here, this mind body practice for increased mental capacity and giving people really a healthy outlook for the day. It's more than just anecdotal. It goes into ourselves. So, the science on this one is very clear. And in the next slide, you can see this circle. The reason I brought this circle to the masterclass today is because when you can breathe like a circle, and you can breathe like a box, those are only the two skills you'll ever need to know about conscious connected breathwork. Can you breathe like a circle? Can you breathe like a box? That is it?

**Josh Trent:**

Yes, the circular diaphragmatic breathing, it's been shown to increase serotonin and alpha brain activity, which is our creativity, our dopamine release. But if you can do this, if you can learn how to breathe properly, you can actually access the stem here in yellow. This stem-

**Jason Prall:**

Josh, are you going to teach us what circular breathing is?

**Josh Trent:**

Absolutely.

**Jason Prall:**

Okay.

**Josh Trent:**

We're going to get into that.

**Jason Prall:**

Cool.

**Josh Trent:**

Let me just go through the science part and then we'll dig into that.

**Jason Prall:**

Beautiful.

**Josh Trent:**

So you can see this vertical stem here, that is the vagus nerve. The vagus nerve runs all the way behind the respiratory system, which we already talked about. But here's the coolest thing. When you do belly breathing, you actually, the enteric nervous system, and the cord, the vagus nerve, they innervate right there at the diaphragm. So, not only when you do a belly breath and a diaphragmatic breath, are you getting the health benefits and the respiratory benefits of breath, you're also getting stress reduction benefits directly through this vagus nerve. The vagus nerve is what is being activated with electronic devices like the Zen, where they activate the nerve through the ear. You can activate the nerve for free, anytime, anywhere, your breath is free, you just have to know how to do it. So, that's what I wanted to share in those specific slides. Because sometimes it's great to see what's going on in your body so you can know how to be in your body. I think a lot of times people think the diaphragm is in the belly. It's just actually not true.

**Jason Prall:**

Yeah. And you mentioned the enteric nervous system. And for those who aren't totally familiar what that is, that's the nervous system of the gut. Right? So, that is-

**Josh Trent:**

It's the second brain literally.

**Jason Prall:**

It might even be the first. Right?

**Josh Trent:**

Might even be the only brain.

**Jason Prall:**

Right.

**Josh Trent:**

That's talks to our real brain.

**Jason Prall:**

Exactly. We could cut off the vagus nerve and the spinal cord and the enteric nervous system still is doing its thing.

**Josh Trent:**

Yes.

**Jason Prall:**

That's how powerful it is. And so for all the people with digestive issues, and liver issues, and the entire GI tract, spleen, and kidneys, it's all in that region, right? And of course, the vagus nerve innervates all of that. So, the fact that you can regulate, control, manipulate, and ultimately bring life back into those organ systems just through diaphragmatic breathing is pretty impressive.

**Josh Trent:**

It really is. And there's one last slide I want to show before we actually get to the breathing. And that's just a simple slide about box and circle. So, box and circle change your relationship with stress, right? Science has shown that when you do breath holds, and we can do breath holds today as well, which I think would be really fascinating for people to know how much comfort they have with breath holding. But breath holding is about really having the best presence and the best understanding of how to be at peace with your stress. What is the first thing that we do when we're underwater and we want to scramble to the surface? We experienced a stress response. If you can learn how to use this circular breath here in the left, and also how to use the box breath here on the right, you can not only have the immunity boosting benefits of the breath holds, but you can also have detoxification as well.

**Josh Trent:**

Think about this you guys, 70%. 70% of what cleans the toxins in our body is breathwork, is us breathing. So, how amazing is that? If you can enhance your breathing, you can actually detoxify your body. And also you can increase [inaudible 00:14:33] stimulation. And this is great for reducing oxidative stress, oxidative stress is when you cut an apple in half and the apple turns brown. Well, the same thing happens to us. So you can actually have less oxidative stress through conscious connected breathing as well. So, let's get to the breathing because a big part of the circle is knowing how to breathe through the belly. And so what I'm going to do is I'm just going to turn to the side and move the microphone here. And I'm just going to show you a side view.

**Josh Trent:**

On this side view, I'm actually going to stand. So on this side view, you can see my meditative chair, this thing's amazing. This allows you to sit nice and tall. So on the side view, you can see that when I pull my shirt this way, I'm going to breathe through my belly. So right now you can see I'm at rest, my belly is flat. When I breathe in through my nose, I want myself and everyone to draw a circle. So close your eyes after you see me do it a couple times, and I want you to practice drawing a circle. So, I'm going to draw a circle in through my nose, my belly is going to go out. So, you'll notice that my shoulders weren't going up and down, I was breathing horizontally, which is how we're designed to breathe.

**Josh Trent:**

And when we breathe horizontally, that means our hand is actually going to go in and out. So let's practice that together. Three times you're going to breathe in through your nose and out through your mouth and close your eyes while you do it. Connect a circle, connect a circle in your consciousness, so that your breath becomes a circle.

**Jason Prall:**

[crosstalk 00:16:08]. Yeah. So yeah, let me go deeper on that.

**Josh Trent:**

Yes.

**Jason Prall:**

So when you're doing this in your own practice, what are you focusing on? What are you focusing your attention and your mind on?

**Josh Trent:**

Great question.

**Jason Prall:**

Your awareness on when you're doing this? Because at first, if I'm not familiar with the breath, it's all like, "Okay, am I doing this right? Okay, this, this..." And it's understandable, right? You're paying attention-

**Josh Trent:**

Of course.

**Jason Prall:**

... to the belly, and is it going in, and is it going out and all this stuff? But as you get more familiar with the mechanics of the breathwork, where do you place your attention and your awareness?

**Josh Trent:**

Purely sensation. Just focus on how it feels.

**Jason Prall:**

On what's arising in the moment.

**Josh Trent:**

What's arising? What somatically, or physically you are feeling? Maybe it's, "Huh, lunch didn't sit well with me. Okay, I'm gong to love that thought. Or I'm gong to love that awareness." Maybe it's hot, I really need to make up with my spouse. Right? Whatever is coming, welcome it all. And this is both esoteric and practical. Welcome anything that shows up. Maybe your neck needs release, which is beautiful, you just released your neck. Maybe we need to be more grounded, and maybe we need a new chair, maybe we need to stand. Whatever comes there, I want to tell you guys, there is literally no perfect template for you to notice what's there, other than perfection comes by you not judging whatever arises. That's the only way you can do this successfully.

**Josh Trent:**

So when you have this sensation, I would take both hands actually. :et's take both hands, put them on the belly and just before we do any breathing, just do a quick scan of your body, literally from just breathe normal here, notice everything from a place of not judging yourself. If you notice your mind was worrying you or taking you to another place, just take a breath in through your nose and breathe out that stress.

**Jason Prall:**

So, I want to just comment here just to kind of give some pointers. I'm noticing in my own self that my jaw is tight, so I'm holding tension in my jaw. I noticed that my energy is up higher in my sort of system, it's kind of up here in my throat head area. So, I'm just noticing that. And I noticed that even my mind is looking for something to notice. So, [inaudible 00:18:21] sort of name that.

**Josh Trent:**

This is why you're driving this mission. So take a big breath. And this is for all of us, Jason being this beautiful example. Take a big breath in through your nose, feel the energy rise up to your collarbone, throat and chin. And when you exhale, open your mouth wide, relax your jaw. Almost like you're yawning. What happens is our jaw gets clenched when we're driving forward on missions or we're trying to accomplish as much as we can in the day. Just allow your jaw to hang open. Allow the energy to go down into the Earth. And now when you're in that more calm place, now breathe like a circle. So both hands on your belly and take a rich breath in through your nose, breathe out through your mouth. Everyone with your eyes closed feel your hands go out and in. Last one.

**Jason Prall:**

So, Josh, am I pulling my belly in? Is there an actual pull?

**Josh Trent:**

Not on this one.

**Jason Prall:**

Okay.

**Josh Trent:**

On some of the exercises we'll pull the belly in like a tensioning, like a locking. Like on the breath hold we can pull it in. But on this one, we're just getting people somatically connected to how they breathe horizontally versus vertically.

**Jason Prall:**

Got it.

**Josh Trent:**

So breathe out instead of up. And especially for you Jason, really ground yourself and when you breathe, see if you can have your belly go out as far as you can. So when you breathe in, see how far out your belly can go. So breathe in through your nose and let it go effortlessly. Two more. Last one.

**Jason Prall:**

And is there a pacing that we should be paying attention to, or is it just three or four count? Is it a natural pacing in terms of in and out?

**Josh Trent:**

Not on this one. But definitely when we get into the practice of meditative, which I would love to do if we have time, or even something acute, we can do that. The best way to learn how to breathe is honestly just to take three to six breaths, feeling your belly extend and come back in.

**Jason Prall:**

So this is-

**Josh Trent:**

Then you have... Yeah, that's the primer.

**Jason Prall:**

You're just teaching mechanics, right?

**Josh Trent:**

Exactly.

**Jason Prall:**

This is just teaching the mechanics.

**Josh Trent:**

Yes.

**Jason Prall:**

Got it.

**Josh Trent:**

Everything we talked about with the diaphragm, we're just getting you comfortable breathing through your belly. People probably have already had aha moments, where they're like, "Wow, I actually can't breathe through my stomach." Maybe if you're watching us and you're only breathing like this, like you can't breathe without your shoulders coming up and down, this is where we can go deeper into the actual program. Because you're not alone, you really aren't. A lot of people Jason struggle with not being able to have their belly go out and in when they breathe. It's just not something we're conscious of. So that's the primer, and then we can get into something meditative and something acute as well.

**Jason Prall:**

I think this is so powerful, because it is the fundamentals of breath.

**Josh Trent:**

Truly.

**Jason Prall:**

And what you're teaching here is a practice that once established, and that connection is made, and the easier it becomes, then we can move on to these other techniques with a greater level of acuity, right? We become so much more adapted at locating and doing all these different breathwork techniques because we have the fundamentals. And I think this is where I'm actually one of these people, I tend to skip fundamentals or rush through them. And I have in the past anyway with things like sports and what have you. It's like, "Okay, that's the boring stuff." I get it, it's simple. And so as soon as I get it, I move on too quickly. And so this is one of those things too, that I'm just as a reminder for myself, going back to the fundamentals and really getting good at this stuff is generally the fastest way forward with some of the other techniques.

**Josh Trent:**

Yeah. And especially you are anyone who has a lot of skill in health and wellness, I think it's easy for all of us to bypass the things that we think we know, and then we can just love ourselves and laugh when we go back to the fundamentals. And we're like, "Oh, yeah, that's what I'm supposed to be doing." Right?

**Jason Prall:**

Yep.

**Josh Trent:**

So that's the foundation. And then once you have that, now we can talk about the box breathing. The box breathing is really just literally drawing a box with your breath. The reason you would do box breathing is because you would want to be more grounded, this will calm you down. Circular breathing like we just did, it pulls a lot of energy up. So when you do conscious, connected circular breathing, it can actually be more of an energizing breath. Right? A lot of people they'll do strictly mouth breathing as well to get as much air in and out. And that's what we can do on the catharsis breathing as well. So, let's do this. Let's do two rounds of box breathing, and all we're going to do is I'm going to demo this. So, we're going to inhale for five through our nose, we're going to pull all the energy up to the nose, we're going to hold for five at the top, we're going to exhale for five, and then we're going to hold for five. But we're going to do it two times in a row.

**Josh Trent:**

And I want everyone to notice how relaxing it is on the second round for you to actually let the breath go and see how much more grounded you feel compared to when on another exercise. We'll do the circular breathing. So, just clear your space, take a breath in and take a breath out. Close your eyes, maybe relax your jaw, roll your neck around and inhale for five through your nose. Hold for five, exhale for five. Hold for five, in through nose for five, hold for five. See if you can do through the nose, a sip of air through your nose. Exhale for five and let your chin fall, stretch the back of your neck, just hold for five. When you're ready, just pull another big breath of air in through your nose and let it go. So, that was just two rounds. Imagine if you did that four, or six times. It would really bring you down to Earth. And it can be simple and powerful. Not everything has to be complicated when it comes to the breathing. And look, Jason's showing you guys exactly what this does. Right?

**Josh Trent:**

He's a father, you're an entrepreneur, you're doing a lot. And so this is so beautiful that you get to breathe and you get to yawn all these things out. It's so powerful for us, yet until we make the conscious awareness to do it, it won't be gifted, the benefits won't be gifted. So the beautiful thing about that box is it pushes us down to the Earth. If you're feeling kind of heady, so if anyone watching is in a job where they're like super heady, maybe you're data entry, or you're driving for sales, learn how to do that box breathing with the breath, the foundation that we showed you, breathing through the diaphragm, then start doing the box breathing. We can move on next to the circular breathing. The circular breathing is great for energizing yourself. So if you want to generate energy, then we can do this practice as well. Did you have any thoughts or comments or questions on what we just did?

**Jason Prall:**

Well, no, I just wanted to comment on the fact that when you say it's an energizing breath, what we're actually talking about, is a natural energy, right? It's an embodied energy, it's not a caffeine, it's not an energy that we're extracting from other foods. It's literally an energy that we're extracting from the

ether, right from the environment. And we are harnessing that. And I think that's what's so cool, is that it's not only free, it's infinitely abundant. But it's accessible to us at all times. So this is just one of those things where it might be easy to reach for another cup of coffee, it might be easier to reach for a Red Bull, probably not this audience. But a Red Bull, right? Something like that, whereas simply we can turn to a breath and learn how to generate that from within, I think that's what becomes so powerful. And that in and of itself will help regulate us on a longer term basis. Right? I think this is what's so special about using the breath on a regular basis, is that you're getting these acute effects, these immediate effects.

**Jason Prall:**

And because we're establishing new connections, new systems, new rhythms, new patterns in the body, the body can actually start to adapt to... Again, this is almost like a stimulus or a stressor, it's a positive. So it's just like the sunlight, just like exercise. This is a hormetic effect, the body's going to have to adapt. If you keep doing this consciously, the body's going to have to adapt in its alignment, structural alignment, in its connective tissues, in in the way that the mitochondria and the cells take in this oxygen and nitrogen and hydrogen, it's going to have to adapt and start to change its function.

**Jason Prall:**

And we know that this function is good. Right? So this is what's so fascinating, is that we can literally change our entire biochemistry, our physiology, and the biophysical nature of our body, the electrical flow in the body, just by using the breath and it's sustained. Right?

**Josh Trent:**

Yeah.

**Jason Prall:**

So, that's what's cool.

**Josh Trent:**

Why do you think that in Pranayama, they call it the fire breath, or the breath of life? It's because you guys know if you want to put out a candle, you put the lid on it. We're the same way. Our energy systems, again, whether you're spiritual or scientific, when you cap oxygen in your body, when your upper chest breathing, when you're not breathing through your belly, when you're not getting that dome shaped muscle space to flow, you are literally putting out your own candle. You're tapping the potential way before your potential's reached, not just in breath but in so many other things. We don't have energy, we actually have to choose to generate it. And I think I've heard Brendon Burchard, say something like that before. The power plant doesn't have energy, it generates energy. And it's true. So if we want to have more energy in life, I don't care who you're learning from, all the contemporary and ancient masters, they all say the same thing.

**Josh Trent:**

And that is that when you breathe, you can actually inspire, that's the Latin form inspiritus, you can inspire greater living. So this circular breathing that we're about to do, this is actually something that pulls the energy up. So if you're feeling tired, or lethargic, or kind of sluggish, it's a great way to reenergize yourself for your day. And so we can do the same exact prep that we did before. Right?

**Jason Prall:**

Cool.

**Josh Trent:**

Check your space.

**Jason Prall:**

Let's do that.

**Josh Trent:**

Are you in a good space? Are you in a comfortable chair? Maybe the greatest gift that people get from this, is that they just got an awareness that like their desk, their chair, their office, it isn't working, and they need to change that. That's beautiful. So we're both postural beings, and we're both energetic beings. And so that circle that we drew, whether you're watching on the first piece we did on the first interview, or if you saw it in the slide here, I want you to draw a circle, we're going to draw it six times together. So take both of your hands, put your hands on your belly with your eyes open, you could just be with us here. And I want you to just imagine that an elephant is standing on your shoulders. So let your shoulders drop. Just bring your shoulders down, maybe stretch from one side to the other. And I want you to visualize a balloon behind your belly button.

**Josh Trent:**

Give your shoulders a break right now. Let your shoulders drop, stretch your neck, open your jaw a little bit and put all of your conscious attention to the warmth of your hands on your belly. And when you do these six breaths, we'll do them exactly the same way, we're going to breathe in through our nose and out through our mouth, but I want you to imagine that an elephant is standing on your shoulders and it feels so good to have something pushing your shoulders because you're choosing to breathe through your belly. So, go ahead and just take a big breath in through your nose, go ahead and close your eyes, five more. Last one. Now with your eyes closed, just return to your normal breathing, we're going to go a little more intense on this one. This time when you do your circular breathing, I want you to actually pull your belly button to your spine on the exhale. So now you know what it means to breathe, and you know how to breathe like a circle.

**Josh Trent:**

Closing your eyes, drawing that circle with your nose in your mouth, but this time when you breathe, I want you to breathe out a little more air and I want you to pull your belly button physically closer to your spine. So it would look and feel just like this. So you can see how I actually aided by pushing my hands into my belly. This is a little bit more of an aided breath of an aided circular breath. So same thing like we did before, except for this time, you're just going to breathe out with a little more force, and you're going to press your belly into your own spine. So inhale-

**Jason Prall:**

And am I pulling with my interior muscles as well? Pulling-

**Josh Trent:**

You're going to pull naturally, naturally you're going to pull in. So think about how can I get my belly button as close to my spine as possible?

**Jason Prall:**

Using all the techniques, right? All the tools.

**Josh Trent:**

That's your mental cue. I don't like to get too sciency, pull your intercostals and make sure that your pelvic floor is... It's like we can go to town on that one, right? Just literally like a 10 year old would understand it, use your hand and use your abdominals to pull your spine as close to your belly button as possible. Pull your belly button as close to your spine as possible. And I like to do this eyes closed because there's less judgment with our eyes closed. Nobody's watching us anyways. So go ahead and inhale through your nose, exhale. Last one. Big inhale, exhale. Just hold that at the bottom and see if you can get a little more air out of your mouth, like... Pull your belly button a little closer to your spine. And in three seconds, we're going to take a rich beckon through our nose, breath in through our nose. Three, two, one. Breathe in through your nose and let it go. You know you're doing it right if you feel 1% different. You don't have to feel 100% different.

**Josh Trent:**

All you want to do is shift your state so that you're more in your body, less in your head. That's the whole point of this thing. Don't complicate it, make it easy. Just get the fundamentals with your box and circle in spinal column and your diaphragm and just start there. And then once you start to feel the radical benefits of that, I promise you Jason, I promise everyone here, if you guys do the circular or the box, circular if you're tired, box if you need grounding, if you just choose to do those two, and you do it once a day, twice a day, as many rounds as you decide you need to do, you will fundamentally show up different to your relationship, to your meetings at work, to whatever you're doing.

**Josh Trent:**

And then from there, there's the deeper dive with the Breathe: Breath and Wellness program where we start going into a lot more specificity on meditation breathing, catharsis breathing, but this is beautiful. You can take this right now and run with it. You can have this be a huge change in your life and in your day.

**Jason Prall:**

So what kind of things have you seen from the people that have taken your course and from perhaps just in your own life up to this point, what kind of ailments and things that... Because we all come in with something that we want to fix or that we feel is not quite right and we're hoping that this thing that I'm doing here, even if it's to benefit my day and make things a little bit better, there's this hope that it's also going to help my... This gastrointestinal thing or whatever it may be or may depression, right? So what kind of things have you seen that have been beneficial?

**Josh Trent:**

One of the coolest... I love hearing your baby in the back. It's so perfect because babies... This is beautiful. Babies express, right? The opposite of expression is depression. So, the number one thing, the number one thing of all the people that have taken the program, is it lifts depression symptoms. Now notice I said symptoms. It's not going to heal your impression, but it is going to give you some

symptomatic relief of the opposite of expression. Most of us that are dealing with any kind of disease, it's probably because we have a deeper level of sadness that we're feeling. And so the number one thing that people report after... And by the way, this is a three week experience. You can have, I believe the fundamentals for a mastery in three weeks. Maybe you're not going to travel the world and teach breathwork, but you are absolutely going to be gifted the virtues and the embodiment values of learning how to breathe.

**Josh Trent:**

So I would say across the board Jason, lifting the cloud that people feel, specifically with the seven minute circular breathing, or the seven minute box breathing exercises that we do, we also incorporate breath hold retentions, which that activates the nervous system, it actually increases the nitric oxide we talked about as well. So, that's the number one, a close second would actually be greater energy. And the reason is, is because we're pulling energy through the system, the way that it's designed to be. Some people also report just better feelings in their body. Most people don't have the postural cues, most people are kyphotic. And so when we can start sitting up straighter, we get less back pain and we can start breathing through our diaphragm slowly over time. Especially in the first three weeks, I've had people report the intercostals and the transverse abdominis. And all these muscles that literally hold the corset of our internal organs, so that we're standing up straight, that becomes naturally stronger too.

**Josh Trent:**

There is also some breath strengthening, like some side planks, and some window openers, and I have a few specific exercises from a physical training perspective that are in the program as well. And those will help you breathe properly, your intercostals here on the side, and even stuff on the back. The multifidus and the paraspinals, and all the things that make us breathe that we're not conscious of. These are the big things. So lifting symptoms of depression and increasing posture and increasing energy, our natural side effects, these are natural side effects, you do not have to shoot, pop a pill, drink a shake, none of this matters when it comes to you having more energy naturally. But the thing is, is you have to choose. That's really what this is about, is people have to choose. So if someone's watching, you're feeling that choice bubble up inside of you, take advantage, take advantage of this opportunity that's being gifted to you.

**Jason Prall:**

Beautiful. Why I love it. And one of the things too that I've really tried to teach and really tried to embody myself is that whenever we can do these fundamental things, like breathwork, even things like yoga, or Tai Chi, or Qigong, or any of these practices, as well as some of the trauma resolution, this starts to put the pieces in place so that the physical ailments can finally be resolved. This is what I often see is that, these things need to be in place oftentimes, for the other therapies that are targeted therapies, whether it's for cancer, or whether it's for thyroid issues, or whatever it might be, for those to really work or to work better, these things set the foundation, set the table for that to be the case. And I know this, I've seen countless examples of this when I worked with clients and in my own life. And the more of this I do, all of a sudden the supplements start to work better, this practice over here starts to work better, right?

**Josh Trent:**

Yeah.

**Jason Prall:**

So this is one of those, again, super easy tools that we can bring with us for life. And as we get better at it, we get to teach others too, whether that's in our family, or just people that we know. So they can go to [breathwork.io](https://breathwork.io) for this right? And Breathwork is B-R-E-A-T-H-W-O-R-K.

**Josh Trent:**

Correct.

**Jason Prall:**

So, [breathwork.io](https://breathwork.io) and this is Josh's breathe program. Again, 21 days. And I think anybody can do 21 days. That's essentially what it takes to develop a new habit. Sometimes that feels like an eternity when we start something, but three weeks is nothing. And with something like this, what's so cool is that you don't have to wait three weeks to start seeing the benefits. A lot of this stuff is felt not only immediately, but it continues to build. And it shows up in our day because we show up differently through into work and into our relationships and really just to ourselves. Right? Another thing that we haven't even really mentioned that I know I've seen benefits in my own life and others, is sleep. Breathwork and practicing breath before sleep throughout the day in the morning, actually will help improve deeper sleep, right? So we're not looking for more hours per se, sometimes that can't be beneficial-

**Josh Trent:**

Sure.

**Jason Prall:**

... but better sleep is a result. And better sleep is the cure for all disease. So again, it's a knock on effect, right? When we start getting these things into alignment, things just start to radically shift.

**Josh Trent:**

Jason, you're very inspiring. I love the way you articulate things. I feel the same way you do. And the one thing that I'll say as we wrap here is if you have been buying all the supplements and you've been tang all the programs and you've been... I guess almost fanatically like surfing and searching for the right answer, if you feel that twisting inside yourself, it's because you need an unwinding. You need an unwinding, you deserve an unwinding. And the breath can help you unwind. You don't need alcohol, you don't need cigarettes, you don't need these things that give you the temporary unwind, you deserve a long-term unwinding that can actually heal and teach your nervous system to heal and support itself. And then from that place, from that peacefulness, then you can be powerful, then you can make the decisions on what supplements you want and what healings you need.

**Josh Trent:**

But literally, the fundamentals and fundamentals for the same way, your house is built on concrete, your house is built on a foundation, otherwise it slides away. And the breath is your foundation for your house. This is the only house we ever get, man. This is all we get. So we have to treat it with love and kindness. And sometimes that means an honest inventory of where we truly are without judgment. And so the breath can teach us in so many ways how to take that assessment, how to be honest with our selves, and really how to support ourselves in the most basic, but most humanly powerful way we can. And that is by being conscious of the way that we're breathing ourselves. Because when we're not just being breathed, we're also breathing ourselves, as we've talked about many times before. This is an involuntary and voluntary. So, it's profound and it's powerful, and literally anyone can do it.

**Jason Prall:**

Well, it's life changing. And again, I want to thank you so much for sharing your wisdom in this masterclass. Everybody checkout [breathwork.io](https://breathwork.io). Josh Trent, thanks so much for your time. I appreciate it.

**Josh Trent:**

Thanks, Jason. Thanks to everybody that attended, I appreciate you.

