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Biggest Study On Breathwork So Far

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I want to share with you one of the most important and special moments in my

breathwork.

6 min read - September 3, 2024

life to date, and how and why this benefits you in such a profound way... My first endeavor as a research scientist in collaboration with Cambridge university has just been peer reviewed and published, even winning an award at

the Association of Scientific Study Of Consciousness conference. My mum always said to me when I was a kid 'study hard and you can go to Cambridge Uni like you cousins!' Ironically Cambridge University came to study

me! In 2021 scientists, Dr Evan Lewis-Healy and Dr Tristan Beckinstein from The Consciousness and Cognition Lab, Department of Psychology of the University of Cambridge reached out to me as they wanted to perform the largest

breathwork study done so far to determine the psychedelic effects of

They chose SOMA Breath because of the way the method works, as a combination of both rhythmic breathwork and breath retentions that delivers the dose of intermittent hypoxia, and because of the incredible testimonials we have received from participants who received *similar benefits as other* 

therapies such as ketamine and psilocybin used to treat severe depression. As everyone breathes in the same rhythm and holds their breath at the same time during the session, it's much easier to measure exactly what is going on in the brain during these sessions. This is exactly what makes our SOMA Breath method of breathe in beats music technology so compelling and

powerful. As a previous pharmacist I understand the importance of dose and protocols to create results that can be scaled across a population. With normal breathwork sessions, as everyone breathes in different rhythms and there is no structure to the session, the results are unpredictable, however what *Cambridge* University discovered with SOMA Breath was a way to create more predictable results across all participants.

is a protocol with structured breathwork tracks with progressively increasing doses of rhythmic breathwork and breath retentions. Here is a summary of the results and conclusion of this study. I have attempted to demystify some of the complex scientific terms for you who may not be scientifically trained, however I have also included the

The 21 Day Awakening Protocol was the subject of the study due to the fact it

original pdf for those who want to delve deeper into the study. Title: BREATHWORK-INDUCED PSYCHEDELIC EXPERIENCES **MODULATE NEURAL DYNAMICS** This means that when people practice certain types of controlled breathing

(breathwork), they can experience effects similar to those of psychedelic

can cause noticeable changes in how the brain functions and processes

substances (like altered states of consciousness). These breathing techniques

information, which is what "modulate neural dynamics" refers to. Essentially,

breathwork can shift the way the brain works, leading to powerful mental

consciousness, similar to psychedelic experiences. However, there has been no

Intro

Breathwork involves controlling breathing to reach altered states of

research simultaneously investigating the mental and neurall effects of

and emotional experiences.

breathwork.

world.

Up to 28 sessions in 28 days

21 Day Awakening Protocol by SOMA Breath

**Data Collected:** 

300 sessions

**Protocol:** 

process.

**Methods:** 

This project aimed to explore whether the brain activity and experiences during breathwork resemble those of psychedelics and to examine the connection between the phenomenological and neural effects of breathwork. "Phenomenological" refers to how something is experienced from a firstperson point of view — like your thoughts, feelings, and perceptions. It's all

about understanding how an experience feels to the person going through it.

For example, in breathwork or psychedelic experiences, it's the personal, inner

experience that someone has, like feeling calm, energized, or connected to the

In this context, "neural" refers to the activity happening in the brain — how the

brain cells communicate with each other during an experience. It's about the

patterns and changes in brain activity that happen when someone is doing

breathwork or having a psychedelic-like experience. **Participants:** 14 novices

**Methods:** Temporal Experience Tracing (TET) to capture subjective experiences Portable EEG devices to monitor brain activity "Temporal Experience Tracing (TET)" is a method used to track how someone's

personal, moment-by-moment experiences change over time. It helps to

capture what a person is feeling or thinking during a breathwork session,

allowing researchers to see how their inner experiences shift throughout the

## Week 2

each cluster.

• **X-Axis:** Represents the study weeks (1 to 4).

'Psychedelic-like' experiences.

• Y-Axis: Represents the percentage of sessions associated with

Cluster 1: Denoted by the blue line and markers, represents

third weeks, peaking in the third week. • Cluster 2 experiences decreased as the study progressed, particularly during the second and third weeks, indicating a shift towards more positive experiences as participants continued their breathwork practice and got used to doing the technique. This visual representation helps to illustrate the dynamic changes in participant experiences over the course of the study, highlighting the effectiveness of breathwork in inducing positive, psychedelic-like states. **Key Findings:** 1. Increased Neural Complexity: The study found that breathworkinduced positive, psychedelic-like experiences were associated with

• Cluster 1 experiences increased significantly during the second and

This study was done on the SOMA Breath Awakening Technique that is a trifecta of 3 powerful transformational modalities into one modality. 1. Structured breathwork - rhythmic breathing (creates coherence + oxytocin) + breath retention techniques (delivers a dose of intermittent

hypoxia and feel good hormones - dopamine, oxytocin, serotonin and

2. **Proprietary Music Technology** - this is the secret sauce of SOMA

Breath, as it ensures everyone breathes in the same rhythm and are

like this has been shown in various studies to light up the brain too!

3. Guided Imagery Meditation - in SOMA Breath we call this

guided to hold their breath at exactly the same time during a session.

The SOMA Breath music is also designed to uplift the mood, and music

Neurosomatic Programming (NSP) it is the use of suggestions, questions

and commands to the subconscious mind in the form of visual, auditory

and kinesthetic cues that creates powerful hypnotic transformations of

endorphins) + humming (stimulates nitric oxide)

methods of breathwork. This study only shows the effects of this specific technique and protocol. Future research would have to compare SOMA Breath against other styles of breathwork too to see the difference.

However for now based on this study, we know at least that SOMA Breath

Due to the highlighted neural and phenomenological similarities, and the clinical

utility of psychedelics, perhaps breathwork could serve as a suitable non

as a phase 1 clinical trial to treat severe depression with the NHS,

pharmacological alternative to psychedelics that are currently being used to

Evan Lewis-Healy is now applying to do further research on SOMA Breath

comparing it to ketamine which has already been approved and currently

works in the way intended.

treat things like severe depression.

**Summary of Results** 

in use for this.

insights.

mental states.

game-changer.

your nose.

Coaches!

Resources

**How Does This Help You?** 

control of your life and your emotions.

Just breathe... with SOMA Breath!

Download the original study paper here >>

Introduction

tween neural complexity and Blos.

**PREVIOUS** 

Name \*

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a school of practices that involves the intention modulation of respiration to induce an aftered state of consciousness' Historically, breathwork has been used to induce non-pharmacological psychodelic-like stones, with some research highlighting phenomenological similarities between these two states of carscloveness<sup>(1)</sup>. However, there has been no research simultaneously investigating the neural and phenomenological effects of breathwork.

That's exactly what SOMA breathwork can offer, and this study proves it. What the researchers found is that during SOMA breathwork sessions, people experienced states of bliss, deep awareness, and even spiritual

These feelings were so intense, they were compared to the effects of

following our pre-recorded SOMA Breath journeys.

psychedelics, but here's the amazing thing—it all came from participants

Not only did participants feel amazing, but their brain activity became

more complex and diverse, which is linked to more positive, enriching

If you're someone who's looking to break free from cravings or just want to

It's a natural way to rewire your brain for happiness, calm, and clarity

without needing external substances. As you practice, you're actually

experience a deeper, more joyful state of mind, SOMA Breath journeys can be a

addiction, or simply feel more alive, this practice offers a sustainable, easy-tolearn method that anyone can benefit from. So, next time you're feeling overwhelmed or craving something you know isn't good for you, remember: the power to feel amazing is literally right under

And now we made it even easier with the SOMA Breath app >>

 a) Investigate whether there are both neural and phenomenological similarities between breathwork and psychedellics. b) Evaluate the predictive relationships between phenomenological and neural dynamics within breathwork every day over 28 days. For each breath-ock serion, participants would have to pre-recorded instructions on how/when to breathe and when to bold their breath, with some encomine background music. During each session, perficipants were a partiable few density BEG headset, recording neural and accretenemeter data. After each session, participants would retrospectively those the subjective sample subject (A), and the positive associations between bliss and Summary We found higher neural complicitly when participants reported psychololic like coments of consciousness during breathwark, a ared to the high effort cluster (yellow) within services. This highlights ortance of studying the d both hypotheds driven and data drives approaches. This seath the importance of studying the dynamics of experience in ASCs. We also found anadostices between the brain and physiological Stimulus-Driven The course was split into four weeks, increasing in length and intensity. state; sewal complexity increased ofter participants held their

Breathwork-Induced Psychedelic Experiences Modulate Neural Dynamics

Lewis-Healey, E.1, Tagliazucchi, E.2.3, Canales-Johnson, A.1.4, Bekinschtein, T.1

Hypothesis-Driven

Website Email \* ☐ Save my name, email, and website in this browser for the next time I comment.

**Explanation:** 

**Key Observations:** 

practice.

**Key Point** 

increased neural Lempel-Ziv complexity, indicating richer and more diverse brain activity. 2. Positive Phenomenological States: Participants reported heightened states of bliss, insightfulness, and spiritual experiences, particularly during the breath-hold phases of the breathwork sessions. 3. Reduction in Negative Experiences: Over the course of the study,

participants experienced a decrease in negative physical and mental

states, such as anxiety and boredom, as they continued their breathwork

the mind. This sequence of breathing techniques, combined with special music and guided meditation (NSP) makes SOMA Breath a very powerful and unique method that you cannot compare exactly to other modalities of breathwork. So this study shows the power of SOMA Breath to create predictable

psychedelic effects with high bliss states and a lessening of negative

effects with continued practice that cannot be said is the same for other

- **Final Conclusion** This research really brings to light how something as simple as breathing can have a huge impact on your well-being. Imagine being able to get a natural "high" that feels incredible—without relying on drugs or other substances that can harm your body.
- SOMA Breath doesn't just make you feel better—it's also backed by science, as this study aligns with other research showing that techniques like these can be as effective as medication in reshaping the brain for positive outcomes. Whether you're looking to reduce stress, combat

training your brain to experience these elevated states, helping you feel more in

**Optimization Summit where I explain this study as well the SOMA Breath** method, with compelling results from various people who have done the 21 **Day Awakening Journey!** 

**Download our groundbreaking app** stacked with various SOMA Breathwork

manifesting, with live classes from our top Instructors and Transformational

journeys for different uses from focus, concentration, rest, sleep and even

If you have not already, here is a presentation that I gave at the Health

- Week One: 20 minutes; 2 breath holds Week Two: #0ns; 3 breath holds breath, when compared to before this reterrior phase. This highlights a potential physiological mechanism underlying the Analysis seural changes during breathwar We analysed 301 breathwork sessions, focusing our preregistration of Due to the highlighted neural and phenomenological sim neural ((ampsi-2n) complexity, as this is a robust neural signature of the psycholdelic store". We approached the analysis in three ways: and the clinical utility of psychedelics, perhaps breathwork caula DATA-DRIVEN: We b-dustered the TET data into two distinct dusters. sing that there would be a significant difference in neural o References between the two phenomenological clusters.

  STIMULUS-DRIVER: We identified (proxy) periods of low O<sub>2</sub> so frough accelerameter data, hypotherising that there would be a significant forenos in eaural complexity before and other holding the breath.

  POTHESTS-DETVEN: The used bins as a pricky 'positive psychololic' mession, and hypothesised that there would be a significant association.
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