



Viktor Frankl  
Breathwork  
Life-Coaching Program  
Week 1



# Welcome!

**Rabbi Daniel Schonbuch,  
MA, LMFT**

**Dr. Daniel Braver, DPT**



## Rabbi Daniel Schonbuch, MA, LMFT

- Therapist: Individuals & Couples:  
Depression/Anxiety, Intimacy,  
Addiction
- Trauma-EMDR, TF-CBT
- Somatic Therapy, Sarno
- Logotherapy
- TorahPsychology.org Conferences
- Adjunct Professor
- Coach



## Rabbi Daniel Schonbuch, MA, LMFT

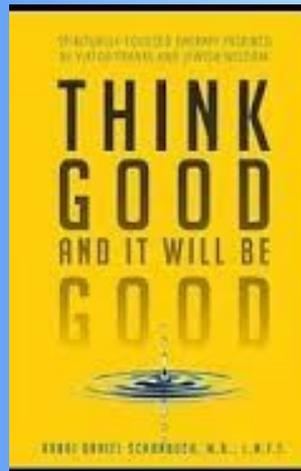
- My role in this program: therapy, trauma, somatic experiencing, Torah sources and techniques for breathing.



# Author

*Think Good and It Will Be Good:  
Spiritually-Based Therapy Inspired by Viktor  
Frankl and Jewish Wisdom*

*Viktor Frankl and the Psychology of the Soul*



# Housekeeping

- Breaks on:
- February 15th
- Pesach break (will be discussed later)



## Video recordings

I try to send the video recording of the class each week within 24 hours.

However, you must download it asap each week since it is not up for more than a few days.



# **Dr. Daniel Braver** PT, DPT, LMT, CMP, CES

**Dr. Daniel Braver** is a Doctor of Physical Therapy, integrates advanced knowledge of anatomy and physiology, bodywork, and movement science with his background as a professional actor to create a uniquely embodied approach to healing.



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# Intro to Breathwork

# The History of Breathwork

From Ancient practices to Modern Clinical and Therapeutic Applications



# What Is Breathwork?

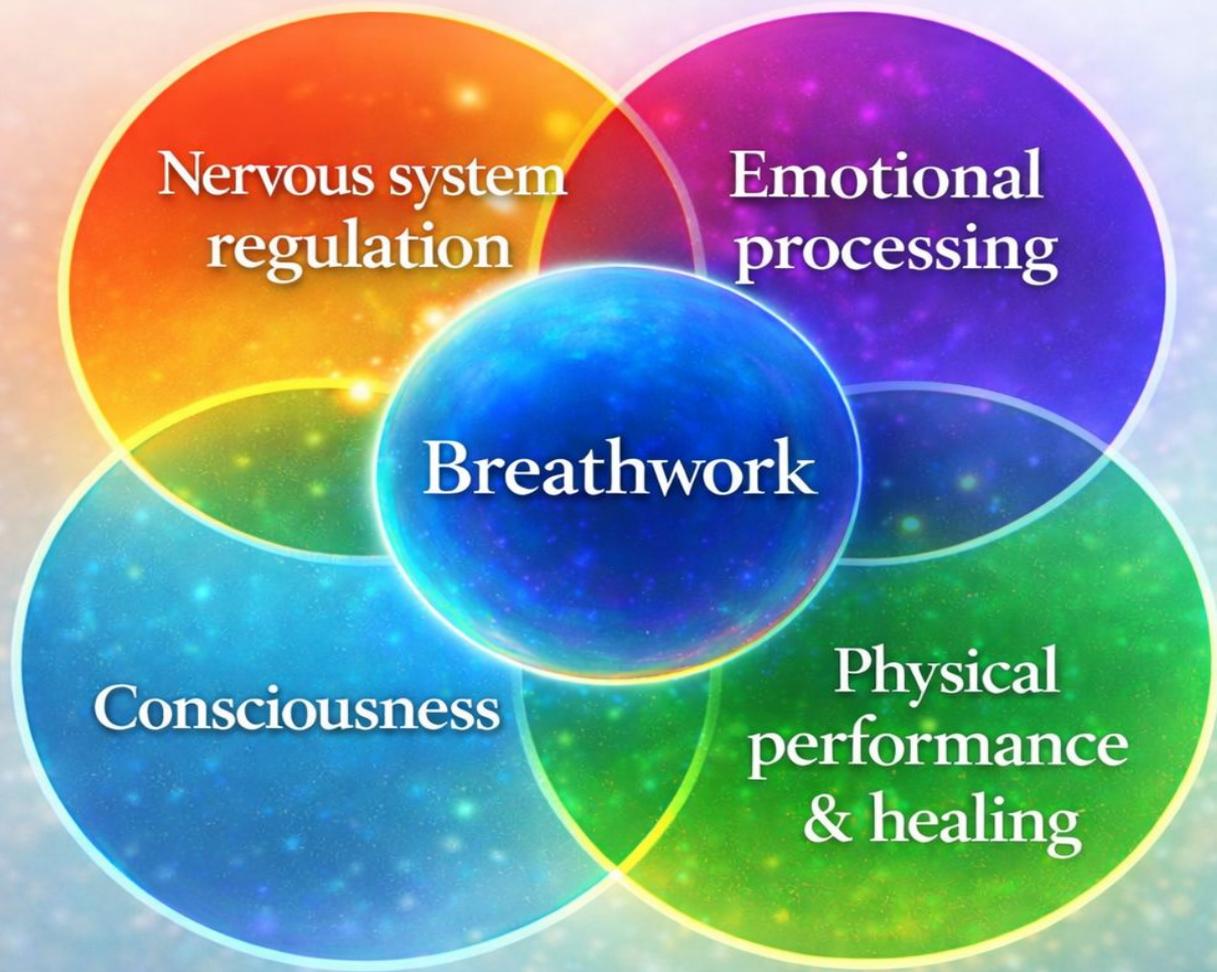
## AWARENESS OF BREATHING PATTERNS

- Observation of breath
  - Follow the inhalation and exhalation
- Mindfulness based stress reduction

## INTENTIONAL REGULATION

- Consciously controlling/regulating the duration of your inhalations and/or your exhalations

*Breath = direct, voluntary access to the autonomic nervous system*



# 3000–1500 BCE: Pranayama (India)



## Overview

- Rooted in Vedic and Yogic traditions
- Breath (*prana*) as life force
- Foundational techniques:
  - Nadi Shodhana
  - Kapalabhati
  - Ujjayi
  - Kumbhaka (retention)

## Autonomic Effects

- Slow pranayama → **Parasympathetic**
- Kapalabhati & retentions → **Sympathetic activation**

## Citations

- Brown & Gerbarg, 2005
- Telles et al., 2013
- Jerath et al., 2006

# 500 BCE: Breathing & Qigong



(China)

## Overview

- Breath (*qi*) circulates through meridians
- Coordinated breathing, posture, and slow movement
- Emphasis on longevity and emotional balance

## Autonomic Effects

- Primarily **Parasympathetic**
- Enhances vagal tone and interoceptive awareness

## Benefits

- Improves balance
- cardiovascular regulation
- stress markers

## Citations

- Jahnke et al., 2010
- Klein & Adams, 2004

<https://www.youtube.com/watch?v=11d-N4Dgt3I>

# 500 BCE: Mindful Breathing (Anapanasati)



## Overview

- Awareness of natural breath without manipulation
- Cultivates attention, emotional regulation, insight

## Autonomic Effects

- **Parasympathetic dominant**
- Downregulates amygdala reactivity

## Benefits

- Reduces anxiety, depression, stress reactivity

## Citations

- Hölzel et al., 2011
- Kabat-Zinn, 1990

# Indigenous Breath Rituals



## Overview

- Rhythmic, rapid breathing
- Often paired with drumming, chanting, ritual
- Used for trance, healing, vision states

## Autonomic Effects

- Strong **Sympathetic activation**
- Followed by parasympathetic rebound

## Benefits

- Alters CO<sub>2</sub> tolerance, cortical inhibition, limbic activation

## Citations

- Winkelman, 2010
- Rock et al., 2015

# Breathing in the Torah



## Biblical Source

- “And the Lord God formed man from the dust of the earth, and He **blew into his nostrils the breath of life**, and the man became a living soul.” נְשַׁמַּת וַיִּפַּח בְּאַפָּיו וַחַיִּים (Breishis, 2:7)

## Kabbalah

- Neshima נְשִׁימָה = Neshamah נְשָׁמָה

## According to:

- Rabbi Aryeh Kaplan (1934-1983)
- Rabbi Avraham Abulafia (1240-1291)
- Rabbi Kalonymus Kalman Shapira (1889-1943)

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# Early 1900s: Pranayama Enters the West



## Overview

- Introduced by yogic teachers (Vivekananda, Yogananda)
- Reframed as health-promoting and spiritual

## Autonomic Effects

- Depends on technique

## Citations

- Yogananda, 1946
- Brown & Gerbarg, 2005

# 1950s-the present: Buteyko Method



## Overview

- Reduced breathing (\*Air Hunger), nasal breathing
- Focus on CO<sub>2</sub> tolerance
- Used for asthma, anxiety, panic attacks, allergies, sleep apnea, hyperventilation, hypertension, vocal cord dysfunction/paradoxical vocal fold motion
- Enhanced athletic performance

## Autonomic Effects

- **Parasympathetic stabilization**
- Reduces chronic sympathetic overdrive

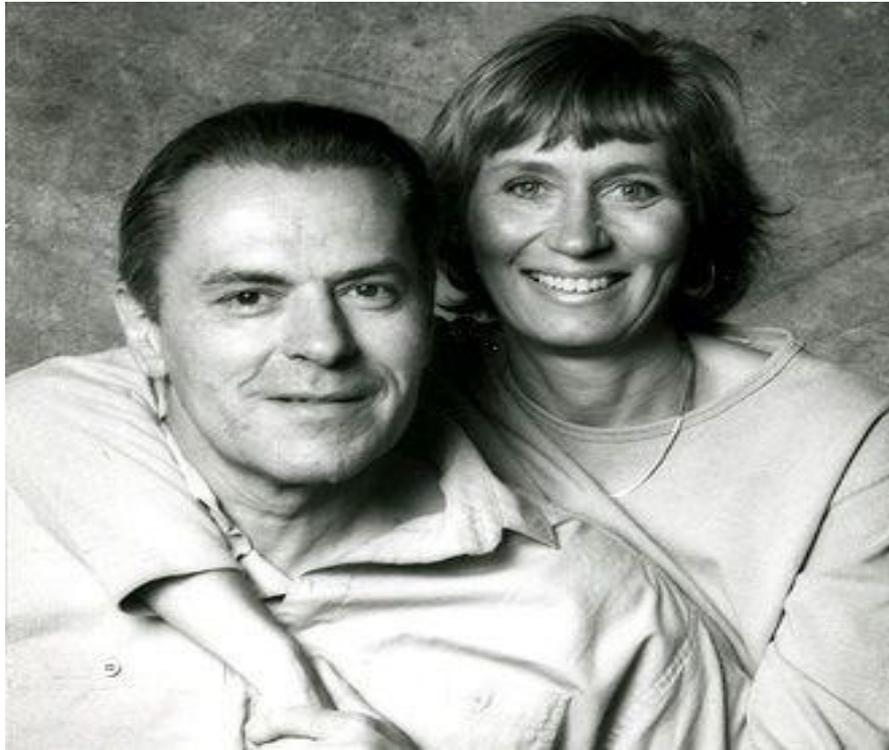
## Scientific Support

- The Bohr Effect
- Evidence for asthma and reversal of mitigation of dysfunctional breathing symptoms

## Citations

- Courtney, 2009
- McHugh et al., 2003

# 1960s–1970s: Holotropic Breathwork



## Overview

- Fast, deep, continuous breathing + music
- Developed after psychedelic research ban
- Accesses non-ordinary states of consciousness

## Autonomic Effects

- Strong **Sympathetic activation**
- Followed by integration phase

## Clinical Lens

- Emotional catharsis, trauma processing, transpersonal insight

## Citations

- Grof, 1988
- Rock et al., 2015

<https://grof-legacy-training.com/history-holotropic-breathwork>

<https://www.youtube.com/watch?v=prfil4C1zw0>

# 1970s–1980s: Rebirthing & Conscious Connected Breathwork



## Overview

- Continuous breathing without pauses
- Emotional release and trauma themes
- Modern versions are more trauma-informed

## Autonomic Effects

- Sympathetic activation → parasympathetic integration

## Clinical Considerations

- Requires screening for trauma, dissociation

## Citations

- Orr & Ray, 1977
- Taylor, 2019

# 2000s: Heart Coherence / HRV Biofeedback



## Overview

- Breath synchronized with emotional regulation
- Biofeedback-guided breathing
- Used clinically and in performance settings

## Autonomic Effects

- Parasympathetic regulation with flexibility

## Scientific Support

- Improves emotional regulation and resilience

## Citations

- McCraty & Shaffer, 2015
- Lehrer & Gevirtz, 2014

# 1990s: Resonant / Diaphragmatic Breathing



## Overview

- ~5–6 breaths per minute
- Maximizes heart rate variability (HRV)
- Used in PT, cardiology, psychology

## Autonomic Effects

- Strong **Parasympathetic dominance**
- Optimizes vagal tone

## Scientific Support

- Robust evidence base

## Citations

- Lehrer et al., 2000
- Russo et al., 2017

# What to bring next class

- Mat
- Blanket
- Towel
- Bolster for back of the knees

# Greet Each Other

