

# FINDING HOPE WITH OMS - 10th Anniversary Edition

Webinar series

**Breathwork for people living with MS**

Wednesday 13th July at 7pm BST

Hosted by



# Welcome



# Agenda

- What is Breathwork?
- How can Breathwork help people living with MS?
- Short practice

# My journey

- 2000: Diagnosed with RRMS at the age of 34
- 2008: Yoga teacher
- 2012: Started OMS programme + founded Taming the Walrus
- 2013: Yoga therapist
- 2017: OMS facilitator
- 2019: MS Get a Head Start Instructor (High intensity exercise)
- 2020: Accessible Yoga Ambassador
- 2021-2022: Advanced Breathwork training with Dr Ela Manga

# Breath is vital

- Dysfunctional breathing makes the sympathetic nervous system more active: shallow breathing, tense body, increased stress, and fight or flight behaviour.
- Conscious Breathing to support health in Yoga, Chi Kung...
- Every mental, psychological, emotional, and physiological state and posture has a corresponding breathing pattern or quality.

**BY CHANGING OUR BREATHING PATTERN, WE CAN CHANGE OUR STATE.**

Breathwork is...

... using breath awareness and conscious breathing for healing and transformation.

# Breathwork & MS (1)

- **Respiratory function:** Breathwork can help optimise respiratory function by improving the strength of the respiratory muscles and expanding lung capacity.
- **Inflammation:** We can stimulate the vagus nerve (VN) with the breath to reduce stress, and thus inflammation.
- **Brain function:** Some breathing techniques help to improve memory and focus.
- **Neuroplasticity:** Breath awareness thickens grey matter.

# Breathwork & MS (2)

- **Perception of pain:** How we breathe directly affects how badly something hurts.
- **Sleep:** Breathing can help improve sleep, and thus energy level.
- **Balance:** Balance is better, both with the eyes closed and open, when the diaphragm is thicker and moves more freely during quiet and deep breathing



Real-time MRI of Breathing



This real-time MRI of breathing

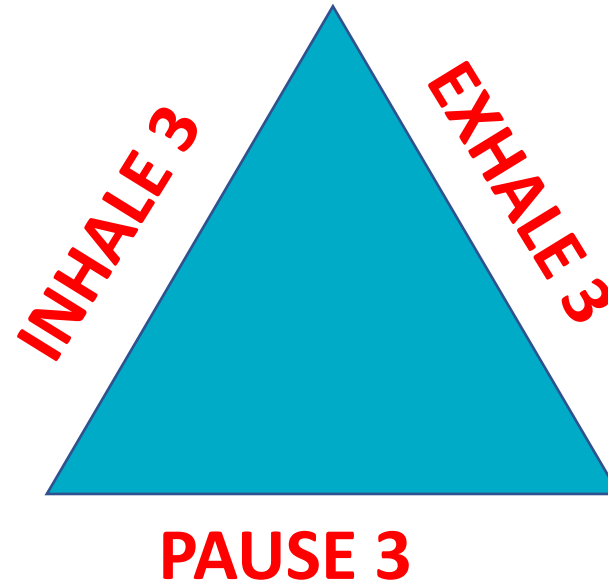
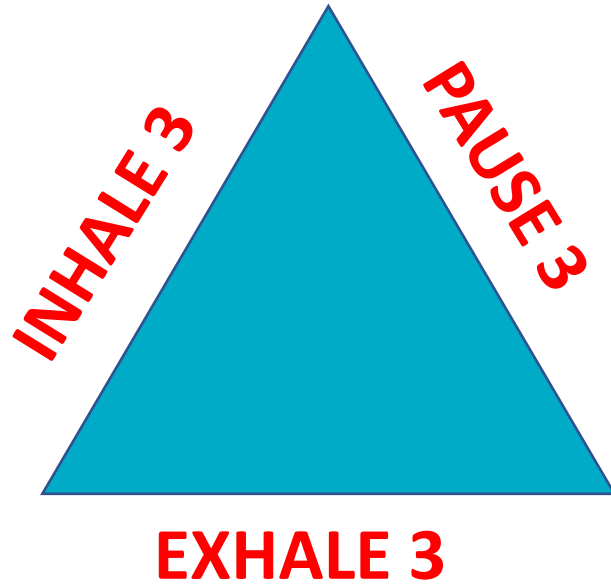




# Let's practice!

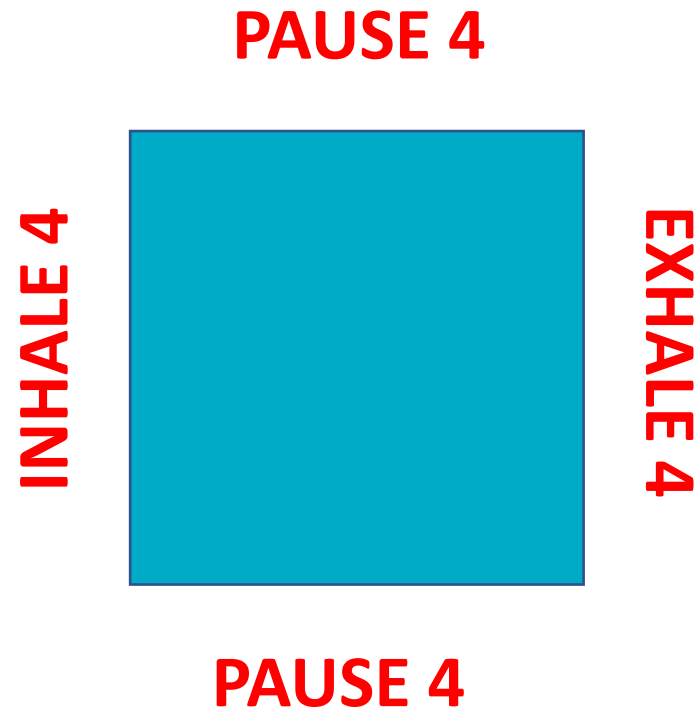
1. Breath awareness
2. Visualise a theraband around the waist. Breathe into the band.
3. Inhale through the mouth as much as possible, exhale with a sigh.
4. Exhale through the mouth as much as possible until you need to take an inhale.
5. What is your BOLT score? (Body Oxygen Level Test) (Poll 1)

# Triangle breath



**ADAPT BY COUNTING FASTER OR SLOWER**

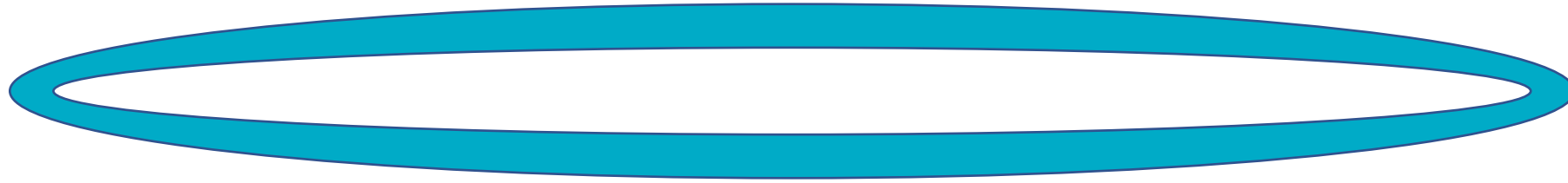
# Square breath



**ADAPT BY COUNTING FASTER OR SLOWER**

# Coherent / 365 breath

**INHALE 5**



**EXHALE 5**

**ADAPT BY COUNTING FASTER OR SLOWER – (POLL 2)**

# Exploring further

- OMS Webinar: Movement and Breathing Better whilst Living Well with OMS by Gillian Robinson
- *Breath: The New Science of a Lost Art* by James Nestor
- *Breathe: Strategising energy in the age of burnout* by Dr Ela Manga
- <https://www.breathcafe.com/>
- <https://tamingthewalrus.com/>

*For breath is life, and if you breathe well, you  
will live long on Earth.*

- Sanskrit proverb