



The Original Breath therapy

Circular Breathing

Doron Doari



What is Original Breathing?

Original Breathing is the breathing we are born with, it is natural to us, and best for us. As babies, we all knew how to breathe correctly. But, as the years went by, as we grew and went through puberty, we slowly lost our ability to breathe correctly- either because of some crisis we encountered or because we have been overwhelmed with negative emotions such as fear, shame, anger, pain, etc.

Original Breathing
is a full, deep,
continuous
breathing with a
clear and known
direction.

This breathing is the basis
for many therapies
including: Rebreathing,
Holotropic Breathwork
and more.

Breathing like a baby-

a baby's breathing is
perfect.
It is deep and continuous.
The body expands with
every inhale and contracts
with every exhale. This is
Original Breathing.





The Healing Powers of Original Breathing

Original Breathing is the key to activate the body's natural healing resources. When you teach the body to go back to breathing correctly, you are improving its ability to function on all levels of its being, and by that, allowing for processes of healing and development to take place.



The Body Level

Full, deep and continuous breathing gives every organ in the body all the oxygen it needs for optimal functioning.

The Energy Level (mental and emotional)

Circular, clear and goal-oriented breathing helps create an optimal flow of energy in the body and releases energetic blocks, which allows for the change and improvement of our mental and emotional state.

The Mind Level

Continuous and goal-oriented breathing raises our level of awareness and our attention to what is happening around us in the here and now, allowing us to better manage everyday life better free of stress. Original Breathing connects us to the subconscious, puts us in touch with old perceptions and beliefs that interrupt our development, and often damage our health. The Original Breathing allows us to release those patterns and consciously implement them in bettering perceptions.



The Spiritual Level

With a deep, connected and goal-oriented breathing, we open our energy channels and a connection to the “higher being” becomes possible, from the root all the way to the breathing level. This connection allows for a higher perspective and a connection to our unique being, offering us a new outlook on our lives and allowing for real and deep change.

The Original Breath therapy method is based on our most natural action, based on simplicity and efficiency. When we combine correct breathing in our daily lives, with awareness and consciousness, we receive a powerful tool for change, health and development.

“Everything we are, everything we feel and everything we believe is reflected through the breath.”

- Carol Lampman

An instructor and world-renowned master in Breathwork Therapy

The Original Breath therapy helps:



- *Relieve and release from light to heavy pain.*
- *Relieve and support healing diseases (both chronic and difficult ones).*
- *Relieve and release stress and anxiety and their physiological and behavioral side effects.*
- *Treat mental and physical traumas.*
- *Release harsh emotions, energetic blocks, beliefs and negative thought patterns and transform them to constructive and empowering ones.*



About Doron Doari

Certified Master-level Therapist in
the Circular Breathing Method

For many years, Doron Doari lived with her family in Rosh-Pina, where she worked in education and nature instruction, using unique methods combining animal-assisted therapy and developing curiosity to the natural surroundings.

In 2004, Doron started individual therapy in Circular Breathing, and at the same time started studying for therapist training at Carol Lampman (US), a world-renowned master of Breathwork Therapy, who developed the Integration Concept of Breathing – a practice which combines different breathing therapies (Reverse Therapy, Bio-energy, Wilhelm Reich Method, Hendricks and more).

Since 2007, she has been teaching and treating with “Original Breathing” individually and in group workshops in Israel, and recently abroad as well.

Today, Doron lives at Motza Illit, near Jerusalem.

“For over a decade I’ve been investigating the Original Breathing technique as a healing tool, for change and development. During those years, it became apparent to me that using Original Breathing in a distilled manner, without manipulations can serve as a powerful and deep therapy which allows the release of past experiences as well as beliefs and perceptions that manage and sabotage our lives, in order to fulfil our personal potential and live a life of awareness and true freedom.”,

Doron Doari

How can you experience the Original Breathing?

OPTION 1

Individual therapy – weekly, two-hours sessions, one-on-one.

A continuous experimental process of growth and personal change based on various techniques of consciousness and connected breathing. The goal is to apply the technique to everyday life as a key to activate the body and soul's healing resources.

OPTION 2

Five-hour workshop – getting to know, teach and practice Original Breathing.

The first part of the workshop includes a theoretical study of the various aspects of breathing, getting to know typical breathing disruptions and how they are formed, and practical teaching of Original Breathing. The second part of the workshop is active and allows each participant to experiment and experience the power of Original Breathing.



OPTION 3

Two-and-a-half to four-days' workshop – an invitation to a continuous and deep process of development and healing.

The workshop includes theoretical studies of the various aspects of breathing, getting to know typical obstructions of breathing, teaching correct breathing, meditation and practice through experience practice using movement, music, guided imagination and creative expression. The workshop allows us relief, healing, a level of consciousness and the beginning of a change of habits and old patterns.

Original Breathing is an efficient and very safe technique. It is a healing process under constant supervision and care by professionals. The patient is the one who dictates the pace of the process and the depth of healing.

FOR MORE DETAILS PLEASE CONTACT:

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