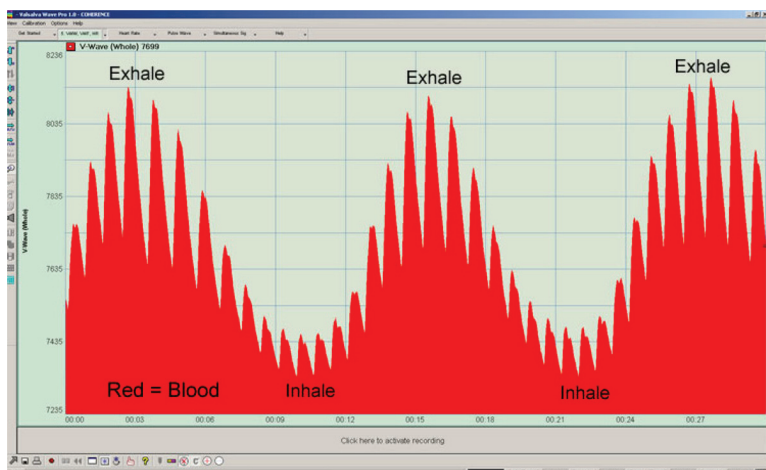


Coherent Breathing is a system of breathing developed by author, life scientist, inventor, and student of Traditional Chinese Medicine, Stephen Elliott. It was introduced in 2005 and is being used by 10's of thousands of individuals and health care providers in more than a dozen countries for health, optimal performance, and treatment of various maladies including but not limited to ADD, anxiety, depression, chronic fatigue, diabetes, hypertension, OCD, pain management, PTSD, etc.

It is being used as an adjunctive therapy by acupuncturists, physical therapists, psychologists, neurotherapists, psychiatrists, pulmonologists, integrative MDs, and a host of other health care professionals. Numerous independent studies are underway in academic and medical settings to assess its efficacy for a myriad of conditions.



Blood Wave During Coherent Breathing (Earlobe)

Coherent Breathing involves breathing at a certain frequency with appropriate depth and relaxing. When frequency, depth, and relaxation are combined it results in a blood wave in the body that rises in the arterial circulation and falls in the venous circulation with exhalation, and rises in the venous circulation and falls in the arterial circulation during inhalation. When we learn to breathe “coherently” all the time, this cyclic wave phenomenon occurs with every breath.

It is presently estimated that the rate of blood flow in the body doubles when we breathe coherently. Instead of the blood circulating once per minute, it circulates twice per minute even when we are resting or semi-active. We can easily observe this wave phenomenon with the instrument Valsalva Wave Pro, also developed by Stephen Elliott. The instrument allows us to observe the action of the blood in termini of the body (finger tips, toes, earlobes, etc) as well as in veins and arteries.

The principles of Coherent Breathing are extremely consistent with Traditional Chinese Medicine where references to the efficacy of breathing and blood flow are found throughout the *Yellow Emperor's Classic of Internal Chinese Medicine*. Examination of the bowels, the blood, and the breath is the 5th major aspect of TCM as described in the “classic”.

Stephen conducts workshops specifically tailored to acupuncturists and TCM professionals and has had NCCAOM certification since 2008.

Tentative 2010 Course Agenda: (8 Hours)

1. Introduction:

- ▣ The emerging understanding of respiration, circulation, and autonomic nervous system operation.
- ▣ Coherent Breathing - what is it? What does it do? How and why does it work?
- ▣ Breathing and Traditional Chinese Medicine with insights into The Yellow Emperor's Classic.
- ▣ Principles of "Tai Chi Diaphragm" - how the diaphragm establishes Yin and Yang in the body.



Stephen Elliott

2. The Physiology of Respiration:

- ▣ The thoracic pump.
- ▣ The role of the lungs, heart, and vascular system
- ▣ The Valsalva Wave - how it arises and what it means
- ▣ Respiration and the pulse
- ▣ Respiration and heart rate variability

3. The Practice of Coherent Breathing: (Hands On)

- ▣ Learning how to do it
- ▣ Use of biofeedback to observe and train blood flow and heart rate
- ▣ Postural considerations
- ▣ Six Bridges - The Exercise (formal relaxation method of Coherent Breathing)

4. Applying Coherent Breathing in Clinical Setting: (Hands On)

- ▣ The 5th aspect of the system: examining the bowels, the blood, and the breath
- ▣ Use of Coherent Breathing to establish viable patient status
- ▣ Use of Coherent Breathing during the application of acupuncture
- ▣ Use of biofeedback to observe and train blood flow and heart rate in the clinic
- ▣ Six Bridges - The Exercise (formal relaxation method of Coherent Breathing)

5. Questions and Answers...