**Module 12 : The Eight Paths of Breathwork**

1. Physical healing, wellness, well-being
2. Psycho-emotional health or Heart Intelligence
3. Personal Growth
4. Sports Performance
5. Business Performance or Business edge
6. Creativity
7. Healing the healer; helping the helper
8. Spirituality

These are paths, reasons, benefits to do breathwork. Each of these paths has 8-12 different breathing exercises and as you grow through the program, you ascend from student, to apprentice, to teacher, to expert, to master. It doesn’t take very long to realize you’ve gonna down to one path without an overlapping on to other paths. That’s one of the most lesson of breathwork, you cannot separate spiritual, mind, and body. It’s a continual. Breathing proves that those are not separate things and you cannot approach them separately. You have to touch on all of them. They are connected.

So these are the 8 paths. You can find out all about this in the Breath Tech App. We suggest you get this app! Visit: [www.breathtechapp.com](http://www.breathtechapp.com)

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