[**Breath Mastery Fundamentals Day 2**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553614)

**Module 20 Shamanic Breathing Exercise**

Another ancient system, Shamanic techniques, so many different kinds of Shamanic. You know shamans are into rituals, nature, spirits, the elements. Breathing and using the breath to connect to earth, air, water, fire. Rituals around these things, movements, sounds, intentions [...] to connect to these elements.

One really lovely one, I got from Siberia actually, I was [there] in 1990 and in the basement of a museum, there was this collection of Shamanic stuff, their clothes, their broken drums when a Shamanic died, they would break their drum and it was an interesting Shamanic tradition because they incorporated metal, iron, into their clothes and their stuff and beautiful. And there was one of the last [inaudible]. But there was there beautiful film of this group of shamins and I remember going into this basement room, oh my god, with all of these relics of these shamins.

And I left with this really beautiful Shamanic technique; two sounds; Ee-yaah ee-yah ee-ya, Hah.

[demonstration]:

Ee-yaah [on breath in] - Ee- yah [on breath out

Ee-ya [on breath in] - Hah [ on breath out]

[End of video 20]