

THE WEZET SIGNATURE CLASS: 10 STEPS

This document outlines the **Wezet Signature 10-Step Framework**, used in every breathwork session across the Wezet Education and Wezet Studio environment.

This structure ensures:

- Safety
- Consistency
- Emotional containment
- Nervous system regulation
- Professional facilitation
- A predictable, trauma-informed progression
- A unified experience across all facilitators

Every facilitator must master these 10 steps before certification.

1. WELCOMING & SETTING CONTEXT

1.1 Welcome to Wezet

Introduce yourself, the space, and the intention of Wezet.

Example:

“Welcome to Wezet — a place to breathe, connect, and grow.

My name is _____, and I’ll be your guide today.

This is a safe space to practice, learn, and explore your breath.”

1.2 Setting Context

Answer the six core questions:

Who, where, what, why, when, and how long.

Example:

“We are here for the next 75 minutes to explore foundational breathwork designed to help you regulate your nervous system, release tension, and reconnect with yourself.”

2. ENROLLMENT THROUGH PERSONAL STORY & HISTORY

2.1 Your Story

Share a short, relevant personal story about why breathwork matters to you.

Keep it:

- brief
- grounded
- connected to breathwork

2.2 Brief History of Breathwork

Touch on breathwork across time:

- ancient traditions
- yogic pranayama
- Buddhist practices
- modern therapeutic techniques

Emphasize that breathwork is ancient, universal, and widely used in healing.

3. INTRO TO WEZET BREATHWORK & HEALTH CONDITIONS

3.1 What Is Breathwork?

Define breathwork in the Wezet context:

“Breathwork begins the moment you consciously change your breathing pattern.”

Describe:

- class structure
- pacing
- potential physical/emotional/mental sensations

Physical sensations may include:

- tingling
- temperature shifts
- lightheadedness
- tetany (hand cramping)

Emotional sensations may include:

- joy
- sadness
- frustration
- release

Mental sensations may include:

- visual imagery
- insight
- spaciousness
- quiet mind

Everything is welcome.

3.2 Health Conditions

Explain who should avoid strong breathing:

- pregnancy
- heart conditions

- epilepsy
- recent surgeries
- panic disorder
- stroke history
- certain psychiatric conditions

Invite participants to:

- share concerns during check-in, OR
 - raise their hand privately once lying down with eye masks on
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4. CHECK-IN

4.1 Check in - open sessions, start with an eye contact, and ask if anyone is doing Breathwork for the first time.

4.2 Check-In Instructions for Groups and Retreats

Participants share four things:

1. **Name**
2. **Current state** (how they feel right now)
3. **Previous breathwork experience**
4. **Any health conditions** (optional publicly)

You model the check-in first.

Always thank each participant — without giving feedback, interpretation, or coaching.

5. TECHNIQUE DESCRIPTION, PRACTICE & SENSATION

5.1 Technique Description Explain the technique:

- what they will do
- how it works
- why it works
- rhythm, breathing pathway, and pacing

Emphasize that they do NOT need to remember everything — you will guide them step by step.

5.2 Demo Practice - Lead a 1-minute demo before lying down:

- one hand on belly
- one on chest
- model the breathing
- match the group's rhythm
- clearly signal each phase

5.3 Sensations

Normalize common reactions:

- tingling
- emotional release
- vibration
- warmth
- cold
- dizziness

Reassure that sensations are temporary and self-regulated.

6. GUIDELINES & INTENTIONS

6.1 The Wezet Guidelines

These three guidelines shape the entire experience:

1. **Welcome everything**
2. **Breathe into it, but never force it**
3. **Be curious and playful**

6.2 Setting Intentions

Guide participants to choose an intention that is open and non-specific, such as:

- presence
- softness
- clarity
- receiving whatever comes

No expectation.

No goal.

Just openness.

7. TRANSITION TO BREATHING

7.1 Laying Down & Preparing

Invite participants to:

- lie on their mats
- face heads inward
- place eye masks
- adjust support

7.2 Medical Conditions

Once masks are on:

- ask anyone with a health concern to raise their hand
- offer modifications
- ensure they breathe gently and avoid holds if needed

7.3 Permission to Touch

Ask clearly:

'Is there anyone who prefers *not* to be touched during the session?'

(Only use touch for grounding or assistance when absolutely necessary.)

7.4 Connect to Self

Lead a grounding introduction:

- slow breaths
- interoception
- body awareness
- noticing sensations
- building presence

This sets the nervous system in the right state for the journey.

8. BREATHING

This is the core practice.

Key principles:

- Simple, short cues
- Say less as the session deepens
- Model the breath
- Maintain consistent pacing
- Layer instructions
- Speak clearly and slowly
- Use silence strategically

The 3 Phases (example for a Wezet session):

1. Active deep breathing

- double inhales (nose)
- passive exhale (mouth)
- circular rhythm

2. Breath retention (exhale hold)

- neutral zero point
- 60–150 seconds depending on round

3. Inhale hold

- 10–20 seconds
- soft integration

Repeat cycles with decreasing verbal guidance.

9. LANDING

The landing phase is **non-negotiable**: minimum **10 minutes**.

Purpose:

- integration
- nervous system regulation
- emotional settling
- grounding

Instructions:

- no lyrics in music
- no guided visualization
- minimal speaking
- allow silence
- observe the room

This restores the prefrontal cortex and prevents emotional flooding.

10. CHECK-OUT & NEXT STEPS

10.1 Checkout

All session ends with a check out. Explaining them the most necessary:

‘Protect your energy’

‘I will be here after the session if you have any questions’

Offer space for optional sharing:

- what they noticed
- what surprised them
- how they feel now

You offer:

- neutrality
- presence
- containment

NO interpretations. No Assuming
NO coaching. NO spiritual conclusions.

10.2 Safety & Next Steps

Share:

- aftercare
- hydration
- grounding
- possible emotional shifts
- when to repeat breathwork
- options for online/on-demand sessions

****Optional end the sessions asking participants "Please help clear out the space"**

This completes the Wezet Signature Flow.