



# THE MARCEL HOF METHOD

## THE BREATHWORK BOOKLET

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# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B.**

Welcome to **DOPAMINE ACTIVATION BREATHING**, the first part of the Marcel Hof Method. In this course, you are going to learn some very intensive methods of breathing that I have been testing over the past 40 years and developing through my own personal practice, the practice with my family, and my students. All of these breathing methods are designed to make a substantial change in your life. The physical and psychological benefits listed below are just the beginning of the total transformation that you can go through when you start to integrate these practices, and the others that we have coming to you, from the Hof family in the future.

### **BENEFITS OF DOPAMINE ACTIVATION BREATHING:**

- Learning to utilize your internal pharmacy and increase dopamine levels.
- Retraining your brain - changing old habits and building new neurological pathways.
- Control of the autonomic nervous system - allowing you to regulate your mood and the healthy functioning of your physiological system.
- Releasing PTSD, trauma, stress and other negative emotional patterns.
- Reduction of anxiety and depression by balancing blood pressure and your hormonal system - all without pharmaceutical drugs.
- Increasing clarity, and activating flow state to optimize performance.
- Elevating your energy levels without caffeine or stimulants.
- Accessing drug-free psychedelic states.
- Bridging the gap between the conscious and unconscious mind to unleash your true potential.



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## **IN THIS COURSE, YOU WILL BE GIVEN:**

- A document that explains the daily schedule.
- An introductory video to the daily practice.
- A guided practice to do immediately afterward.
- A story from Marcel's life that illustrates a stage of his growth when he was learning and developing these techniques.
- A downloadable Breathwork Booklet that explains the technique in full and how to develop a continued practice after you have finished with this course.
- A Breathwork Journal - use this for every session to track your progress and development.

## **WHAT YOU WILL NEED TO PRACTICE THIS COURSE:**

- One hour daily to watch the course content and practice the technique given.
- A quiet place to focus with no distractions where you can comfortably lie down away from potential hazards.
- Headphones (optional).
- An experimental and open mind.

This course is made up of one breathing session per day that intensifies as the week goes on. Although, it's not very time consuming, it is intense and can produce powerful changes. We recommend that you clear some space in your day to help you fully engage with and reap the benefits of this life-changing practice. I have been using different forms of this technique for 40 years and to this day it continues to take me to new places.

## **ENJOY THE JOURNEY!**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B. - PRACTICE ENVIRONMENT -**

### **PRACTICE ENVIRONMENT**

1. This technique can be practiced in a seated or laying position. We recommend laying down for depth of experience and immersion into the practice.
2. Before you start to practice, create a safe and risk-free environment so that you cannot possibly harm yourself even if you tried. By this, we mean enough space for you to sit or lay down where there are no sharp edges within distance of your potentially flailing limbs.
3. If you have family members, parents, or children in need of your care then make sure they know to leave you alone for the time it takes you to complete your practice, or to not make any intrusive noises that could possibly disrupt your experience.
4. We strongly advise that if you have anything close to a full bladder you go to the restroom before you begin the practice as this could affect the comfort of your experience.
5. If you are worried about the emotional state that this practice may leave you in, then we would recommend having a friend or someone you are close to nearby, so they can look after you throughout the entirety of your experience.



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B. - THE TECHNIQUE -**

### **TECHNIQUE INSTRUCTIONS**

Dopamine Activation Breathing is a form of breathwork developed by Marcel Hof, a member of the Hof family, who has been experimenting with different breathing, yogic, meditative and shamanic practices for over 40 years.

This form of breathing is a distilled version of the method that Marcel uses to be able to enter into an energetic and psychedelic state of mind. Marcel has personally experienced the transformative effects that it can have within his own life and has taught many others to experience the same.

Despite being a very simple method it has been known to produce unexpected and powerful results. Once you have completed the Dopamine Activation Breathing course, you will have experienced some of these benefits for yourself.

Step-by-step instructions included below.



# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

## **- THE TECHNIQUE / STEP BY STEP -**

### **THE TECHNIQUE - STEP BY STEP**

- STEP 1:** Breathe on pace with the beat that Marcel provides.
- STEP 2:** Focus on the in-breath and breathe in as much air as you can take with every breath. Feel the air filling your stomach as fully as is comfortable. Marcel recommends breathing in from the mouth, as it's easier to take in a higher volume of air. Some people prefer to breathe through the nose as they find mouth breathing uncomfortable. However, with nasal breathing the effects may not be as powerful.
- STEP 3:** In D.A.B. the exhale is not a conscious exhale, it is just a momentary release of built-up air. Don't forcefully or fully exhale, just let the breath leave your lungs naturally. Marcel recommends letting out no more than 70% of each breath before the next inhale.
- STEP 4:** Continue to breathe and follow this process until Marcel begins the breath-hold instructions. It's common for people to enter into meditative and psychedelic states of mind during this practice and forget to breathe. Although this can be fun and trigger interesting experiences, your overall journey will be more beneficial if you continue the practice until the end of the allotted time.
- STEP 5:** Take a long inhale and hold your breath. Continue to hold for as long as suggested by Marcel on each day of practice.
- STEP 6:** Continue this sequence depending on how many rounds of breathing are included.
- STEP 7:** Once the practice is finished, take as much time as you need to relax, reflect and enjoy the experience that this round of breathwork has produced. This is a great time for meditation, journaling or silent reflection.



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B. - HOW TO PRACTICE SAFELY -**

### **BREATH HOLDS AND HOW TO PRACTICE SAFELY**

Although breath holds can produce extreme benefits and are even applied in some sporting events such as free diving, team sports and athletics, for some people they can be unsafe to practice in certain conditions. Have a look at our medical disclaimer, which we've attached, and see if any of the conditions noted apply to you before practicing.

Even if this seems to be a completely safe practice for you, be aware that the emotional release that breathwork can trigger is very real and might come unexpectedly. If your intuition tells you that you might be left in a fragile or vulnerable state after any of these practices, then make sure that you have someone who loves you and cares for you close at hand, so that they can support you through your experience. Some people prefer to go through this emotionally intense period alone which is absolutely fine. Just be prepared for a potentially intense experience which can be beautiful and emotional at the same time. At the end of the day, whatever comes up as part of this training is simply dealing with reality as it is. And these states of awareness are just other aspects of reality.

We sincerely wish you the best on your journey. This, and other practices have transformed and enhanced Marcel's life and our lives at the YogiLab. We continue to explore this technique ourselves and are amazed at the range of what human beings are capable of.



# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

**- HOW TO PRACTICE -**

## **LENGTH OF PRACTICE**

In this course, we have taught you to start with 2x5 minute rounds of breathing. The longest session we have offered is a 25 minute session, but it's possible to do 30 minutes, 35 minutes and even longer sessions. The compounded effects can be mind-blowing. It's important for you during this practice to be fully aware of your own body and present condition - know what your limits are, and what you feel ready for.

As previously mentioned, Marcel has over 40 years of experience with this technique and this was developed over a lifetime, not over a weekend. Other practices that Marcel has combined with breathwork which have shown benefits when practiced together are; meditation, yoga, visualization, shamanic journeying, and quantum hypnosis. The MHM team is currently working on producing courses in some of these areas. Find us at [www.yogilab.com](http://www.yogilab.com) to see the latest information.

We've all heard the statement that life is a marathon and not a sprint, and we definitely believe this is the case with developing a breathwork practice. It's good to remember that a lot of these traditional systems came as an all-inclusive package. Yoga was never just asanas, it was always combined with breathwork and meditation and that's what produced the total benefits that allowed it to survive from the ancient to the modern world. So this combination of techniques is just us re-discovering what the human race has been doing for thousands of years. Let's explore this potential together.





# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

## **- DISCLAIMER -**

### **HOW TO PRACTICE SAFELY**

1. Please make sure you are in a safe environment, sitting or laying somewhere comfortable.
2. Don't do these exercises in water, in a bath or operating a motor vehicle or heavy machinery.
3. Listen to your body and never force anything.
4. Contact your medical doctor if you have high blood pressure or any other condition that makes you believe this practice might not be safe for you.

### **CONTRAINDICATIONS / ASSUMPTION OF RISK**

During the breathwork practice your hands and feet may seize up and make claw like shapes. This is simply a result of fluctuating oxygen and carbon dioxide levels in the body, and is called tetany. It is completely natural and nothing to worry about.

Breathe through it.

Be aware that certain health conditions may restrict you from participation. A few contraindications are; epilepsy, heart conditions, pregnancy, medication, high blood pressure, amongst others. In case you are unsure if these techniques are applicable for you, please consult your doctor.



# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

## **- MARCEL'S GUIDE -**

### **3. STATEMENT FROM MARCEL**

When I first started exploring these psychedelic and transformative practices I had no idea the way that they would come to completely shape my life. I was a young kid who just wanted to be included and play with my brothers. And we all naturally gravitated toward digging into ancient techniques and turning them into games. I've never stopped playing this game and even now though I'm past 50 they continue to fascinate me.

I feel lucky that my family didn't have a computer and I had to settle for the company of my brothers and sisters instead. Consistency has become the most important word in my vocabulary about practice. The compounded benefits that develop once you stick to a path day after day are quite literally unbelievable. And I'm excited for anyone that is only just beginning their path now because they have a lifetime of magic ahead of them.

I was reluctant to teach for most of my life because I deeply believe in the power of personal experimentation, and I wasn't sure whether it would be of any benefit to guide people along the path that I had followed as opposed to leaving them to their own devices. But now that I have begun teaching regularly, Dopamine Activation Breathing is the first method that I want to share of the total Marcel Hof Method. I truly believe this technique charges our batteries and if we want our cars to make it anywhere then we know our batteries must be fully charged.

So, for those of you who are in it for the long haul, this technique will give you the energy to be able to continue even when you feel like the odds are stacked against you. It has been a beautiful thing in my life and I'm very happy to share it now for the first time. D.A.B. isn't something that needs to be used in isolation, so if you have an established practice in your life feel free to experiment and blend this with what you're already doing. See how they mix and make an intelligent choice on what you want to keep in your life and in your practice and what you want to throw away. Then, you're truly becoming a member of the Hof family and you're starting to play the game that I fell in love with when I was 14.

And maybe one day you'll be teaching me a method of your own, that I haven't already explored.



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING**

### **- DAY 1 -**

#### **GUIDELINES & SCHEDULE**

1. Watch the Marcel Hof Method Dopamine Activation Breathing (D.A.B.) Introduction Video (3:59min)
2. Watch the Day 1 Introduction Video (26sec)
3. Prepare your practice space
4. Play the D.A.B. Practice Video (14:14min)
5. The Dopamine Activation Breathing Practice:
  - 1x5min D.A.B.
  - 30 second breath hold
  - 1x5min D.A.B.
  - 30 second breath hold
  - Recovery, meditation, and introspection time
6. Watch the Daily Story Video (2:32min)

**"DO THE DIFFICULT THINGS WHILE  
THEY ARE EASY AND DO THE GREAT  
THINGS WHILE THEY ARE SMALL. A  
JOURNEY OF A THOUSAND MILES MUST  
BEGIN WITH A SINGLE STEP."**

**- LAO TZU**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING**

### **- DAY 2 -**

#### **GUIDELINES & SCHEDULE**

1. Watch the Day 2 Introduction Video (1:17min)
2. Prepare your practice space
3. Play the Dopamine Activation Breathing (D.A.B.) Practice Video (20:35min)
4. The Dopamine Activation Breathing Practice:
  - 1x5min D.A.B.
  - 45 second breath hold
  - 1x5min D.A.B.
  - 45 second breath hold
  - 1x5min D.A.B.
  - 45 second breath hold
  - Recovery, meditation, and introspection time
5. Watch the Daily Story Video (4:44min)

**"WHEN I LET GO OF WHAT I AM,  
I BECOME WHAT I MIGHT BE."**

**- LAO TZU**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - DAY 3 -**

### **GUIDELINES & SCHEDULE**

1. Watch the Day 3 Introduction Video (53sec)
2. Prepare your practice space
3. Play the Dopamine Activation Breathing (D.A.B.) Practice Video (27:01min)
4. The Dopamine Activation Breathing Practice:
  - 1x5min D.A.B.
  - 60 second breath hold
  - 1x5min D.A.B.
  - 60 second breath hold
  - 1x5min D.A.B.
  - 60 second breath hold
  - 1x5min D.A.B.
  - 60 second breath hold
  - Recovery, meditation, and introspection time
5. Watch the Daily Story Video (2:32min)

**"TO THE MIND THAT IS STILL,  
THE WHOLE UNIVERSE SURRENDERS."**

**- LAO TZU**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - DAY 4 -**

### **GUIDELINES & SCHEDULE**

1. Watch the Day 4 Introduction Video (2:20min)
2. Prepare your practice space
3. Play the Dopamine Activation Breathing (D.A.B.) Practice Video (34:37min)
4. The Dopamine Activation Breathing Practice:
  - 1x5min D.A.B.
  - 75 second breath hold
  - 1x5min D.A.B.
  - 75 second breath hold
  - 1x5min D.A.B.
  - 75 second breath hold
  - 1x5min D.A.B.
  - 75 second breath hold
  - 1x5min D.A.B.
  - 75 second breath hold
  - Recovery, meditation, and introspection time
5. Watch the Daily Story Video (1:34min)

**"MASTERING OTHERS IS STRENGTH.  
MASTERING YOURSELF IS TRUE POWER."**

**- LAO TZU**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - DAY 5 -**

### **GUIDELINES & SCHEDULE**

1. Watch the Day 5 Introduction Video (2:08min)
2. Prepare your practice space
3. Play the Dopamine Activation Breathing (D.A.B.) Practice Video (34:07min)
4. The Dopamine Activation Breathing Practice:
  - 1x5mins D.A.B.
  - 90 second breath hold
  - 1x5mins D.A.B.
  - 90 second breath hold
  - 1x5mins D.A.B.
  - 90 second breath hold
  - 1x10mins D.A.B.
  - 90 second breath hold
  - Recovery, meditation, and introspection time
5. Watch the Daily Story Video (2:52min)

**"NATURE DOES NOT HURRY, YET  
EVERYTHING IS ACCOMPLISHED."**

**- LAO TZU**



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B. - REST, RECOVERY & INSIGHTS -**

### **AFTER YOUR SESSION**

As previously mentioned, the period after practice can be intense and extremely emotional. At other times it can leave you with an unshakeable, zen-like calm and focus. Whichever end of the spectrum your experience leads you to, there are some things you can do when coming out of your practice that will help make the best use of this state.

This is the perfect time for you to:

- Practice meditation
- Journal
- Explore the sometimes fantastical thoughts and experiences that you have been going through during your practice

Many people including our own team here at the YogiLab have been known to go on extensive journeys in these short sessions - well beyond what we thought was possible from simply breathing. Don't feel alone. We've been there too. And don't feel like you're being indulgent taking as much time as you need to integrate these experiences and insights that you may have received.

If you feel the need to express yourself, then we are not just a faceless course producing machine. We are a community of people that have sincerely fallen in love with practicing ancient techniques and being able to watch how they transform our lives as a collective. Reach out to us, start a discussion and you'll see how true this really is.

If you feel like seeing the reality of this in person then our whole team is based in Uluwatu, Bali, the breathwork capital of the world. Come find us.





# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

## **- MARCEL'S GUIDE -**

### **1. MARCEL'S GUIDE TO A LIFETIME OF PRACTICE**

By now, you should be very familiar with breathwork and the benefits this practice can produce. But, just in case you want to know more details about what it actually does to your body, your chemistry, and the many benefits that other people have experienced, then here is a list to satisfy your left brain.

- Utilize your internal pharmacy and increase dopamine levels.
- Retrain your brain - change old habits and build new neurological pathways.
- Control of the autonomic nervous system.
- Releasing PTSD, trauma, stress and other negative emotional patterns.
- Drastically reduce anxiety and depression by balancing blood pressure and your hormonal system.
- Increase clarity, and activate flow state to optimize performance.
- Elevate your energy levels without caffeine or stimulants.
- Access drug-free psychedelic states.
- Bridge the gap between the conscious and unconscious mind to unleash your true potential.



# THE **MARCEL HOF METHOD**

**DOPAMINE ACTIVATION BREATHING - D.A.B.**

**- MARCEL'S GUIDE -**

## **2. HOW TO BUILD AN INDIVIDUAL PRACTICE AND SCHEDULE IT INTO YOUR LIFE**

There are many different ways that you can structure this practice once you've learned the basic fundamentals. What we've given you is a simple framework. Once you've learned the actual method, then you can play with it and see how it best works for you. But we also know it's easy to be spoiled for choice and let something wonderful fall by the wayside because we're not 100% sure how to apply it in our lives.

So here are two sample one month suggested schedules for how to continue to explore and integrate Dopamine Activation Breathing into your daily practice. Feel free to take what you like and leave the rest behind.



# THE **MARCEL HOF METHOD**

## **DOPAMINE ACTIVATION BREATHING - D.A.B. - 20 DAY CHALLENGE OPTIONS -**

Now that you've completed the MHM D.A.B. course you should have a new skill that you can use however you want. This is an explorer's skill, but designed to help you traverse the internal world, not the external.

We realize that this week may have been a very intense experience for you and you may feel the need to go back and repeat the course, so that you fully understand the course and technique. This is 100% natural and it may take a few repetitions of the course before you are ready to deepen the intensity of the practice. However, if you get to the point where you do want to continue exploring this practice, we have prepared a sample of what a month of dedicating yourself to pushing the boundaries of the practice to the next level might look like.

Be **WARNED!** If you do undertake the challenge of this 4 week intensive, expect extreme experiences and results - not for the faint of heart!

As the weeks progress, we have increased the breath holds and the time of practice significantly. If at any point, you feel like this is taking you to a place you are not ready for, then feel free to pause the practice and stay at a level that's comfortable for you. However, don't get too comfortable as growth comes just past your comfort zone

Note on breath holds:



We are fully aware, that at points in this practice you may reach a limit where you cannot immediately increase your breath hold time. That is why we have paused the length of practice at certain points so that you have a chance to catch up and become comfortable with this length of breath hold.

Enjoy the experience. It's been a pleasure teaching and sharing this with you. D.A.B. is part of a series of techniques that have truly transformed my life - I hope the same for you. If you would like to share your experiences or continue to learn with us, then find us at [www.yogilab.com](http://www.yogilab.com) for the next chapter of your exploration.

As the shamans say: por el bien de todos. "For the good of all"

**Marcel Hof**



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# THE MARCEL HOF METHOD

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## MY BREATHWORK JOURNAL

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# THE MARCEL HOF METHOD

## MY BREATHWORK JOURNAL

### EXAMPLE:

<b>DATE:</b> <u>01/01/20</u>	<b>THE TECHNIQUE:</b> <u>D.A.B.</u>	<b>BREATH HOLDS:</b> <u>90sec</u>
<b>MY INTENTION:</b> <u>I want to release all of my stress and worry.</u>		
<b>INSIGHTS, THOUGHTS, EXPERIENCES:</b> <u>After just a few minutes I could feel my body coursing with energy. It felt like a strong feeling of complete presence, my mind became super still and my body very relaxed. By the end of the session I had completely forgotten about all the things that were stressing me out. A sudden sense of gratitude washed over me. For the first time in a long time I felt alive and free.</u>		



# THE MARCEL HOF METHOD

## MY BREATHWORK JOURNAL

DATE: _____ THE TECHNIQUE: _____ BREATH HOLDS: _____
MY INTENTION: _____
INSIGHTS, THOUGHTS, EXPERIENCES: _____ _____ _____ _____ _____

DATE: _____ THE TECHNIQUE: _____ BREATH HOLDS: _____
MY INTENTION: _____
INSIGHTS, THOUGHTS, EXPERIENCES: _____ _____ _____ _____ _____

DATE: _____ THE TECHNIQUE: _____ BREATH HOLDS: _____
MY INTENTION: _____
INSIGHTS, THOUGHTS, EXPERIENCES: _____ _____ _____ _____ _____

DATE: _____ THE TECHNIQUE: _____ BREATH HOLDS: _____
MY INTENTION: _____
INSIGHTS, THOUGHTS, EXPERIENCES: _____ _____ _____ _____ _____