



Somatic Breathwork

The catalyst for your healing journey.

Welcome.

Are you ready to release fear, uncertainty and doubt?

Are you ready to release limiting beliefs?

Are you ready to connect to yourself ?

What is “conscious connected breathwork”?

Breathwork has become a buzzword in the health and wellness world. There are many different types and styles of breathwork but all center around the practice of controlling the breath through specific patterns to reach a meditative state or some other wellness goal.

Somatic Breathwork, which is what I practice, is a form of conscious connected breathwork. It is an **active meditation using a conscious, circular, continuous breathing pattern to ground you in the present moment and connect you with your body. It is also a tool for personal growth and emotional/energetic release.**

How to prepare for your session?

Breathwork is a full sensory experience. Music, active breathing, vocal releases. This is all intentional to get you out of your head and into your body.

*Prepare your **Space**:*

- Comfort is Queen! You want to make sure you are as comfortable as possible to avoid distractions during your session.
- You will want to lay with your head flat- i.e. no pillow - this is to allow for easy flow of breath through the body.
- If you have lower back issues, feel free to put a pillow under your knees.
- Have a blanket nearby- people usually feel temperature changes throughout the practice - some get cold, some get hot.
- Optional- use of an eye mask to reach a deeper meditative state.

*Prepare your **Self**:*

- This is a transformational practice, come to the session with an intention- something you'd like to work through and or something you'd like to call it. If nothing comes to mind a good intention is "surrender" or "letting go".
- Come with an open mind- let go of any expectation

Please do not partake/practice:

While Breathwork is a wonderful, profound, and safe practice, if you have any of the following health conditions/concerns it is best not to partake in the practice:

Breathwork is not recommended for:

- Pregnant women
- People with of history of heart attack/stroke
- Epilepsy

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