



Est ————— 2018

Journey into
BREATH

WELCOME TO BREATHWORK



Thank you for being here.

Leading you back to your body's wisdom

Breathwork offers us a profound journey, with the ability to help us heal, transform and awaken the wisest parts of ourselves.

My goal is to help create a safe and supportive container for you to open and be guided to more joy and connection in your life.



Benefits of Breathwork

Multi-faceted benefits that improve quality of life

Emotional Benefits:

- Access and shift our subconscious beliefs
- Resolve emotional blocks
- Support the releasing of old trauma
- Gain greater clarity in our lives

Physical Benefits:

- Creates a calm nervous system, reducing cortisol
- Increased energy
- Improve sleep
- Lower heart rate, decrease blood pressure

Relationship Benefits:

- Develop healthy techniques for self-soothing
- Increase emotional regulation
- Release fears & reactive patterns
- Improve ability to consciously choose reactions in relationships

Spiritual Benefits:

- Access altered states of awareness
- Tune in to your hearts wisdom
- Connect to deeper levels of your intuition

Preparing for Your Session

Creating a safe and supportive environment

Before coming in for your session it is best to have a clear idea of your intention. Create space for yourself that day to feel into what you desire out of your session, and ensure you have the evening off to rest and relax if possible.

Having a clear body is very important. No alcohol or substances 48 hours prior to your session. This allows the body to be open and connected.

It is also best not to eat too close to your session, and if so lightly. Dress comfy, sweats and loose fitting clothing is best.

Please let me know of any pre-existing conditions ahead of time.

Zoom Link for Online Sessions:

Topic: JOURNEY INTO BREATH

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting: <https://us02web.zoom.us/j/6053032533>

Meeting ID: 605 303 2533

Questions for Self-Reflection

Simple ways to discover your desire & intentions

1. What is feeling heavy in my life right now that I'd like to let go of?

2. Where is my energy being drained?

3. Where do I feel like I'm not good enough?

4. What do I want more space for in my life?

5. What feelings do I want to experience more of?



Caring for Yourself After Breathwork

After a session we can feel many different ways. Know that however you feel is normal and perfect.

We may feel lighter, more joy and a huge increase in energy! Amazing, enjoy that space and feel the new space you have created in your life.

We may also have more emotions rise to the surface ready to be felt when we leave. This is normal so allow whatever is there and simply be gentle with yourself.

To support yourself integrating

- Journal about your experience
- Take a long shower or an epsom salt bath to rest and relax your body
- REST REST REST (remember your body did so much work for you so allow it some downtime)
- Nourish yourself with some good food
- I recommend staying away from alcohol and any numbing substances so you can process your session
- Reach out if there is more you need support for



I'm Looking Forward to Working Together!

For any additional questions or to share about your experience please reach out:

Phone number: 604-655-2410

Email: info@journeyintobreath.com

Address for in person sessions:

3510 Sophia Street Vancouver, BC

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