



Breathwork for your workplace

Stress is cumulative.

As the number of stressors in our day-to-day lives increases, our capacity to respond to new stressors and regulate our internal state decreases.

So we must constantly clear energy to make space for new energy.

When was the last time you purged your negative energy?

When did you consciously release the tension building up in your system?

Our breathwork sessions are a transformative approach for your team to release old thought patterns and channel their energy towards holistic wellbeing.

Breathwork can:

- Improve attention capacity
- Overcome mental barriers
- Foster empathy and strengthen relationships
- Release tension in the body
- Boost productivity
- Increase energy levels
- Enhance memory function
- Alleviate burnout
- Reduce cortisol levels
- Enhance cognitive adaptability
- Stimulate creativity
- Strengthen mental resilience



Sessions & Workshops



Intention Setting & Intro to Breathwork

This hands on workshop focuses on how to set intentions for success as well as providing an introduction to breathwork as a tool for regulating your system and unlocking your potential. 2 hour workshop including somatic tools, breathwork and hand outs.

Weekday rate
\$460 + GST

Weekend rate:
\$660 + GST

(Travel fee may apply, enquire within)



9D Breathwork Sessions for release

Harness the power of collective healing with our team sessions accommodating up to 12 people. Overcome mental blocks and release old patterns as a team to unite towards a common goal. Two hour sessions with tailored themes to suit your team's requirements.

Weekday rate
\$390 + GST

Weekend rate:
\$590 + GST

(Travel fee may apply, enquire within)



Somatic Tools for Regulation

A hands on and interaction workshop to learn how to self regulate when in stressful situations so that you can respond consciously rather than react subconsciously. 2 hour workshop including workbook.

Weekday rate
\$460 + GST

Weekend rate:
\$660 + GST

(Travel fee may apply, enquire within)



9D Breathwork Journeys



Letting Go

Meticulously designed to aid individuals in releasing past grievances and rediscovering their authentic selves. This immersive journey liberates participants from the grip of the past, fostering forgiveness, self-love, and resilience. Experience profound liberation, shedding burdens and restoring balance, empowering personal transformation and enriching life with purpose and possibility.

Healing the 5 Trauma Imprints

For those who want to release and heal the 5 Primary Trauma Imprints—Shame, Abandonment, Rejection, Absence of Love, and Premature Separation from Love. This transformative exploration aims to resolve childhood wounds, liberating individuals from past hurt and suffering. Experience newfound clarity, empowerment, emotional well-being, transformation, and inner harmony. Ideal for those seeking to break free from intergenerational trauma and embrace life with renewed vitality and self-discovery.

Healing Ancestral Lines

Created with intention for those seeking to break free from the grip of intergenerational trauma and pave the way for a more empowered and resilient future. Experience profound liberation from ancestral burdens, fostering healing and resilience as you rewrite your narrative and restore harmony within. Find healing and resolution for intergenerational wounds, leading to increased emotional well-being, inner harmony, and the prevention of transference of unresolved trauma to future generations, creating a legacy of empowerment.

Integration & Re-generation

Carefully crafted to support breathers in processing and integrating after-effects following a full-length 9D somatic journey. Reconnect with relaxation, grounding, and wholeness as you engage the vagus nerve and activate the parasympathetic nervous system. Experience profound calm and equanimity, fostering integration and rejuvenation.

Abundance

Creatively curated to assist individuals confronting obstacles related to financial abundance. This immersive experience offers a chance to dissolve money blocks and cultivate a positive relationship with wealth. Engage in a potent 9D Breathwork expedition tailored to empower you in releasing financial limitations, fostering financial liberation, peace, and restore equilibrium.



9D Breathwork Journeys



Full System Reset

A somatic breathwork experience tailored for those seeking revitalisation and a new beginning. Shed physical and psychological loads, fostering emotional resilience, inner peace, and renewed equilibrium. Interweaving themes of acceptance, gratitude, self-belief, and courage, this transformative experience catalyses a powerful personal rebirth.

Stress and Anxiety

Intentionally developed for individuals struggling with stress and anxiety. Navigate the Stress Relief Sojourn, shedding the weight of accumulated stress and rejuvenating balance. Embrace the embrace of quietude, enhancing your life with a renewed sense of peace and boundless vitality.

Letting Go & Moving On

Specially crafted for those anchored in the past, yearning to step onto a fresh, unburdened path. Ideal for anyone ready to shed old struggles and embrace serene beginnings, this immersive session offers the clarity needed to move forward with grace. Untangle the past and shed the burdens of stagnation, paving the way for promise and new beginnings. Essential themes of release, renewal, and progression propel transformative shifts, reconditioning neural pathways for personal evolution. Engage with this practice and set forth on a life marked by freedom and forward momentum.

The Awakening

For those ready to break free from societal conditioning and imposed narratives. Transcend the dream spell as you peel back layers, shedding fictions that kept you feeling small. This breathwork haven releases burdens of the past, allowing reconnection with your authentic self. Inspired by acceptance, gratitude, self-belief, and courage, "The Awakening" sparks a potent personal rebirth, guiding you toward a life illuminated by authenticity and self-discovery.

The Origin

Developed for those feeling disconnected from their true essence. Reconnect with your innermost being, facilitating a profound release of tension and blockages. Guided towards elevated levels of self-compassion, acceptance, and renewal, experience emotional clarity, tranquillity, and a rebirth into your truest potential.

