

BREATH OF LIFE JOURNEY

Description:

Breath of Life Journey can be a powerful and profound experience, especially for those who have experienced trauma, as it promotes relaxation and the release of anything that's stuck. This event will include a 40 minute breathwork session followed by a 15-minute meditation. Afterward, there will be time for group processing. Total time is 2 hours.

Objectives:

1. Promote Deep Healing and Emotional Balance: Facilitate the deep healing of wounds, grief, and traumas, leading to greater emotional balance and relief from physical pain.
2. Expand Consciousness and Self-Awareness: Provide access to expanded states of consciousness, higher guidance, and clarity, fostering an awakening to the truth of who you really are.
3. Enhance Relaxation and Stress Relief: Encourage massive stress relief, deep relaxation, and the release of toxins from the cells of the body, resulting in overwhelming feelings of joy and deep inner peace.
4. Foster Connection and Self-Love: Cultivate greater self-love, more loving relationships, and a profound sense of connectedness and oneness with others and the source.

*For more info please, you are
welcome to schedule a call
[HERE](#)*

