

# 3 - SESSION TRANSFORMATIVE BREATHWORK SERIES

In-person or online



In this three-session transformative breathwork series you will

- Receive a customised plan for optimal functional breathing, based on your lifestyle and personal needs
- Learn breathing techniques to address stress, anxiety, fatigue, cognitive and digestive issues
- Work with a conscious connected breathing pattern (a specific breathing technique) to release emotional and physical tension from the body, be more in touch with feelings and sensations, and facilitate self-exploration, healing, and vitality

## **SESSION 1** **120 mins**

- \*Breathing Assessment\*
- \*Daily Practice Breathing Techniques\*
- \*Your Nervous System and Your Breath\*
- \*Conscious Connected Breathwork Session\*

## **SESSION 2** **90 mins**

- \*Breath Assessment and Progress Review\*
- \*Daily Practice Breathing Techniques\*
- \*Intention Setting\*
- \*Conscious Connected Breathwork Session - Reflective Practice\*

## **SESSION 3** **90 mins**

- \*Breath Assessment and Progress Review\*
- \*Daily Practice Breathing Techniques\*
- \*Intention Setting\*
- \*Conscious Connected Breathwork Session - Self-Inquiry and Discovery\*

Tara is a breathwork facilitator based in Montreal who focuses on functional and transformational breathing techniques.

Contact @vividsebreathwork for details, more information, and pricing.