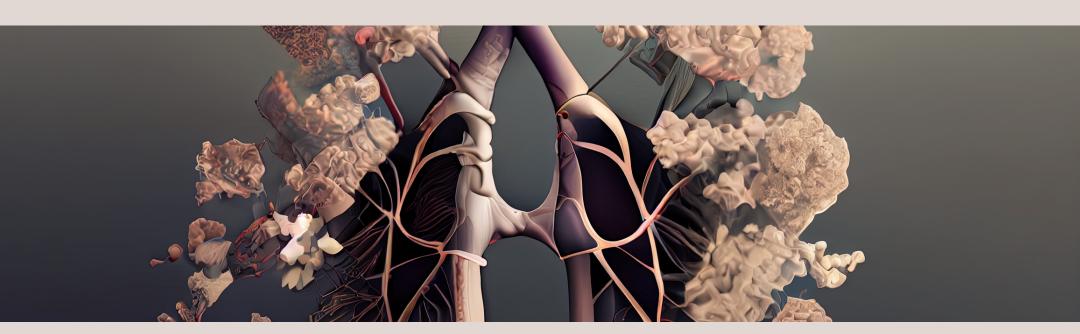
TRANSFORMATIVE BREATHWORK

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 @vividsensebreathwork for details, more information, and pricing.