



Rebirthing Breathwork is a gentle yet profound modality of healing that reignites the parasympathetic nervous system, alchemises stagnant energy, and integrates unprocessed emotion that has hidden away in the depths of the subconscious mind and your body.



THROUGH REBIRTHING BREATHWORK YOU CAN:

- Understand and heal the emotional link to physical symptoms in the body
- Experience relief from physical pain
- Learn how to move tension and energy on your own to remember your own self-healing potential
- Explore, understand and rewire negative core beliefs to life affirming and supporting beliefs
- Unravel and alchemise stuck energy in the body and nervous system
- Integrate traumatic experiences and life moments that have remained unprocessed and suppressed in the body
- Recalibrate the breathing mechanism so you can breathe life-giving energy, freely
- Unlearn old patterns and behaviours to freely express yourself as you Truly are
- Discover who you are and be empowered to live from your Truth
- Cultivate a loving and understanding relationship with Self and others
- Foster greater self-love and presence in all areas of your life
- Enhance your intuition and balance your energy body
- Reclaim your life and your desires from a place of embodied wisdom
- Gain clarity about patterns in your life that no longer serve you, including toxic behaviours and relationships
- Heal your relationship with your Self and others
- Deeper connection with your creative potential
- Discover what you're here to do and step into your life purpose
- Embody love, compassion, forgiveness and oneness

DURING A REBIRTHING BREATHWORK SESSION IT'S COMMON TO EXPERIENCE:

- Strong sensations in the body such as tingling, vibration, surges of energy moving, shivering
- Extreme heat and cold
- Profuse sweating
- Body parts spontaneously and unconsciously moving, contracting, releasing, shaking or tremor
- Contraction or tension in the muscles
- Itching or coughing
- Altered states of consciousness
- Strong emotions and emotional release (crying, screaming, laughing)
- Feeling of oneness with the Divine
- Conscious expansion
- Past life regression
- Connection with loved ones who have passed or Deities/Gods
- Profound insights/downloads/ah-ha moments that offer clarity of wisdom in heart and mind

FOLLOWING A REBIRTHING BREATHWORK SESSION YOU MAY EXPERIENCE:

- Lethargy and fatigue
- Need to sleep a lot or feel 'flat'
- Experience restless sleep
- Journeying again as you fall asleep
- Feel extra triggered by people or experiences (this is the medicine continuing to shine a light on the shadow)
- Unusually emotional
- Inner peace and calm
- Deep love and presence with Self and others
- Have deep insight into big life questions
- Understand yourself better, and others
- Experience clarity in thought
- Have access to your inner wisdom and guiding light

FOLLOWING YOUR REBIRTHING BREATHWORK EXPERIENCE IT IS RECOMMENDED YOU:

- Journal about your experience (even over the following days as it can take time for it all to integrate and land)
- Avoid high energy environments
- Avoid stimulants such as coffee/drugs/alcohol
- Rest
- Drink clean filtered water
- Eat clean earth grown foods
- Spend time in nature
- Avoid unnatural light
- Pay attention to the things that light you up and deplete your energy
- Meditate to continue gaining access to your inner wisdom