



ONLINE BREATHCAMP PRESENTERS

28-29.
05.20

ONLINE BREATHCAMP



28.05

OPEN TO THE PUBLIC (3:00-8:00) UK TIME

3:00 - 3:10

Welcome: [Anthony Abbagnano & Emily Ray Henderson](#)

3:10 - 3:55

Special Topic with Mentor: [Sascha Zeilinger](#)
Making the Decision to Train in Breathwork

3:55 - 4:00

Introduction to Breathwork

4:00 - 5:30

Breathe:
[Elisa Caltabiano](#)
Breath your Truth

Connect with your Truth, listen to it and nourish yourself through this grounding breathwork session. Elisa believes the breath is one of the fastest ways to enhance transformation and she has mixed the Alchemy of Breath Method with her experience as a Sacred Womb Practitioner. Whenever you breath with her you'll be grounded and accepted in a nurturing maternal embrace.

Please bring a journal to this session.

5:30 - 6:00

MEAL BREAK

6:00 - 7:30

Breathe:
[Lindsay Davis](#)
Cultivating Your Creativity

We all have our own unique gifts and expressions that we bring to the world through our creativity. We will explore this space by letting the breath be our guide and tapping into our creative power. We will utilize the breath to release blockages and inspire our true potential.

7:30 - 8:00

Closing for public

8:00 - 8:30

Breathwork feedback circle for students only

8:30 - 9:00

Close Class

WWW.ALCHEMYOFBREATH.COM

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3:00 - 3:55

Special Topic with [Anthony Abbagnano](#)

The Bridge

How many times a day do you feel upset or triggered? It happens to all of us, and when we are activated it is likely we will say things we may regret later, we can be hurtful to others as well as ourselves. Today Anthony will introduce a simple technique called The Bridge, which can be used to come back into full presence.

3:55 - 4:00

Introduction to Breathwork

4:00 - 5:30

Breathe:

[Casey Von Iderstein](#)

Heartful Humanity

Transforming constriction through conscious connection.

Theme exploration, metta meditation, breathwork, sharing/integration.

5:30- 6:00

MEAL BREAK

6:00 - 7:30

Breathe:

[Lavina D'Angolell](#)

The Inner Child Journey

In this breathwork journey we will be diving into the energy of forgiveness.

There will be an Ho'oponopono meditation, followed by an embodied movement exercise. Toward the end of the breathe, a guided visualization will offer the chance to connect with your Inner Child, to communicate the messages that might not have been received when they were needed most.

7:30- 8:00

Closing for public

8:00 - 8:30

Breathwork feedback circle for students only

8:30 - 9:00

Close Breathcamp & Graduating Ceremony



ALCHEMY *of* BREATH

SASCHA ZEILINGER

Sascha is the founder and practitioner of SPIRIT OF BREATH and a Certified Alchemy of Breath Breathwork Facilitator.

His vision is to use the art and science of breath awareness and breathing exercises for health, growth and change in body, mind and spirit. For that he holds a safe space to guide people to open their hearts and heal their relationships within themselves.

His workshops empower his clients to connect with their emotional, mental and physical body.

Sascha was a Fashion and Sales executive for 18 years until he decided to give his life a twist and started traveling, not knowing where his journey would take him. He quit his job in Germany and traveled to Bali, where he got in touch with Breathwork for the first time.



SESSION TOPIC

Making the Decision to train in Breathwork

SCHEDULE

28th May (Thursday) 3:00 - 3:45pm UK time

CONTACT

<https://www.spiritofbreath.net/>



ELISA CALTABIANO

is Italian and works internationally to awaken pleasure and sensuality in women's lives. She has been a breather since 2016 and when in a Mexican Jungle she had a magical experience she decided she wanted to learn how to guide breathwork sessions. She believes it's one of the fastest ways to enhance transformation and she has mixed the Alchemy of Breath Method with her experience as a Sacred Womb Practitioner. Whenever you breath with her you'll be grounded and accepted in a nurturing maternal embrace.



SESSION TOPIC

Breath your Truth

Connect with your Truth, listen to it and nourish yourself through this grounding breathwork session.

90 min session total. Bring a journal and be in a safe and cozy space. After about 10 min presentation of the breathwork, you will be guided in a shaking practice, breath about 50 min, and then you will invited to share

SCHEDULE

28th May (Thursday) 4:00 - 5:30 pm UK time

CONTACT

<https://viviaccesa.it/en/>

@viviaccesasexlovecoach

FBk: Elisa ViviAccesa Caltabiano



LINDSAY DAVIS

Lindsay is a certified Health Coach, Yoga instructor, Reiki practitioner and newly certified Breathwork Facilitator. She has always been called to follow a healing path and to support others along their journey. The breath has been a gift of self-love, clarity, and a deeper sense of purpose for her. She believes we all have the power to heal within us, and we each have our own unique gifts to share with the world and that the breath can help us fully embrace this. She utilizes Breathwork combined with various healing techniques from her background in order to support her clients in creating transformation and lasting change.



SESSION TOPIC

Cultivating Your Creativity

We all have our own unique gifts and expressions that we bring to the world through our creativity. We will explore this space by letting the breath be our guide and tapping into our creative power. We will utilize the breath to release blockages and inspire our true potential.

SCHEDULE

28th May (Thursday) 6:00 - 7:30pm UK time

CONTACT

<https://www.youtube.com/channel/UCnT2FlezqIGqEQSshewi7TQ>

<https://www.instagram.com/speaktruthteachlove/>

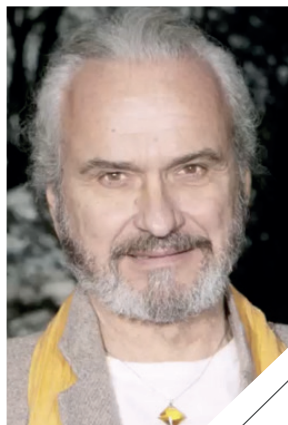
<https://www.facebook.com/lindsaydavis25>



ANTHONY ABBAGNANO

Having been a breather for decades, Anthony first incorporated breathwork into his other practices in 2012. The nephew of Italy's most renowned philosopher Nicola Abbagnano, Anthony weaves many talents into his breathwork practice including philosophy, Jungian psychology, spirituality, Conscious Loving, hypnotherapy, and Matrix Energetics (the study of miracles) into his work.

The founder of Alchemy of Breath, Anthony has successfully taken breathwork into festivals, yoga spaces, the corporate world, prisons, the Psychedelic Society, hospitals and to the dying. His work is noted for its application in the fields of addiction, transformation, personal empowerment, the integration of psychotropic and plant medicine experiences, and the opening of humanity's hope for a heart-centered harmonious existence.



SESSION TOPIC

The Bridge

The Bridge is a therapeutic tool pioneered by Anthony, that repairs lost and damaged parts of the self. This is an opportunity to work through adverse or traumatic events, and to be led across the Bridge into a new way of being.

SCHEDULE

29th May (Friday) 3:00 - 4:00pm UK time

CONTACT

<https://alchemyofbreath.com/>



CASEY VON IDERSTEIN

For as long as she can remember, Casey's had an endless curiosity about the human experience, and a great love of simplicity and spaciousness.

She's driven by a desire to cultivate a deep sense of inner ease, freedom, and empowerment, on both an individual and collective level, that can always be relied upon and drawn from. To her, there's nothing more thrilling than witnessing someone claim their rightful place in the driver's seat of their own reality - that moment when they consciously choose to come alive.

She's studied and trained in a wide range of holistic modalities, but the two areas that she focuses on most intently are the ones that she personally finds most life-enhancing and transformational - the breath and plant allies. Breath and plants are two of the most fundamental elements of life for a reason, and Casey's work is focused on helping people leverage them to reconnect with their inner selves and cultivate their own unshakable sense of aliveness through simple personal practices.



SESSION TOPIC

Heartful Humanity

Transforming constriction through conscious connection.

Theme exploration, metta meditation, breathwork, sharing/integration.

SCHEDULE

29th May (Friday) 4:00 - 5:30pm UK time

CONTACT

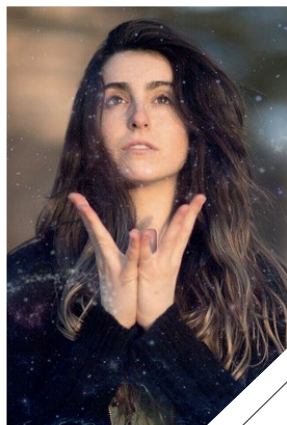
<https://www.karmicwellness.com/>

<https://www.instagram.com/karmicwellness/>



LAVINA D'ANGOLELL

LaVina D'Anjolell first experienced the power of breathwork during her 200hr YTT in 2017. This powerful healing modality brought her into contact with her inner child and awoke a sense of curiosity and wonder within her. She felt a deep sensation of being "home" and realized that this experience was not a distant memory, but that it lived inside of her always. Years later LaVina traveled to India with an open heart to the guidance of the Divine, accompanied by the question, "What is my purpose?" There, she experienced a series of three more breathwork journeys that truly shifted the trajectory of her life, and revealed the next steps along her path toward actualizing her purpose. The pursuit to find the perfect Breathwork academy commenced. When Alchemy of Breath was first presented to her, tears came to her eyes along with a deep sense of inner knowing that this was the school for her. Another year gone by and now she is prepared to share this beautiful medicine with the world.



The Inner Child Journey, a breathwork ceremony welcoming your inner child back home.

SESSION TOPIC

The Inner Child Journey

In this breathwork journey we will be diving into the energy of forgiveness. There will be an Ho'oponopono meditation, followed by an embodied movement exercise. Toward the end of the breathe, a guided visualization will offer the chance to connect with your Inner Child, to communicate the messages that might not have been received when they were needed most.

SCHEDULE

29th May (Friday) 6:00 - 7:30pm UK time

CONTACT

<https://www.facebook.com/lavina.danjolell>

https://www.instagram.com/yogina_lavina/