



# ONLINE BREATHCAMP: SCHEDULE AND PRESENTERS

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27<sup>TH</sup> - 28<sup>TH</sup> AUGUST 2020

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## THURSDAY 27<sup>TH</sup> AUGUST

3:00 - 3:10 pm

LONDON, UK TIME

### **Welcome Introduction to Breathcamp:**

Anthony Abbagnano & Emily Ray Henderson

In this brief meeting, you will be welcomed to Breathcamp by Alchemy of Breath founder Anthony Abbagnano, and Master Facilitator/Instructor Emily Ray Henderson.

3:10 - 3:50 pm

### **Mentor Presentation - Felt Sense**

Rita Carrao Velez

When doing energy work, as Breathwork is, we need a strong center, as well as to develop deep roots to be safe and grounded. In this presentation, we will learn to feel into our roots and center, and do a short meditation as well as a grounding, integrating, and transformation exercise.

3:50 - 4:00 pm

### **Breathwork Introduction**

4:00 - 5:30 pm

### **Breathwork: Inner Guidance**

Hannah Kendaru

This guided breathwork session will invite you into the space of inner wisdom. With a resourcing meditation and visualization, this session will give you a chance to reconnect with multiple dimensions of yourself, to bring together the parts you may have left behind, and to embrace them all with love and forgiveness.

5:30 - 6:00 pm

### **Meal Break**

6:00 - 7:30 pm

### **Breathwork: The Self-Healing Journey**

Nan Leffingwell

Unresolved trauma can high-jack the nervous system trapping people in patterns of fight, flight, freeze, and faun responses. In this breathwork, we will use visualization to call forth your resources to generate love and compassion for your inner being.

7:30 - 8:00 pm

### **Closing of Day 1**

## FRIDAY 28<sup>TH</sup> AUGUST

3:00 - 3:45 pm

LONDON, UK TIME

### **The Bridge**

Anthony Abbagnano

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.

3:45 - 4:00 pm

### **Q & A**

4:00 - 5:30 pm

### **Tap into the Power Within**

Christine Shepherd

Everything you seek is already within you. This breathwork journey takes you home, into your heart, to feel all that you are and release what no longer serves you. Let's tap into the power within and live from this place.

5:30 - 6:00 pm

### **Meal Break**

6:00 - 7:30 pm

### **Your Heart as Your Resource**

Eszter Rózsa

In our daily lives, we tend to see the world through our thoughts rather than tuning into the present moment and connecting fully with how and what we feel. Today, we are going to connect to our Heart Space and explore the hidden gifts that lie in each of our feelings and sensations.

7:30 - 8:00 pm

### **Breathcamp Closing**

## FOUNDER

### Anthony Abbagnano

Anthony Abbagnano is the founder of The Community of Healing, an international organization that promotes the union of Western medicine with all other modalities. 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.



Anthony has successfully taken breathwork into festivals, yoga spaces, the corporate world, prisons, the Psychedelic Society, hospitals, and 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

Friday, August 28th  
3:00 - 3:45 pm UK time

### CONTACT

<https://alchemyofbreath.com/>

## MENTOR

### Rita Corrao Velez

Rita is Italian and she has a long history with the breath. She first was introduced to it when giving birth to her four wonderful children. She then went on to explore and practice Rebirthing and studied Holotropic Breathwork with founder Stan Grof. She discovered AoB in 2015, during a Seeds of Alchemy seminar. From that moment on she was fascinated with Conscious Connected Breathing. In May 2018 she graduated as an AoB Facilitator and she now holds space for groups and individuals to improve health and wellbeing, reduce stress and anxiety, and step into their full potential using the power of the Conscious Connected Breath.



### SESSION TOPIC

#### Felt Sense

When doing energy work, as Breathwork is, we need a strong center, as well as to develop deep roots to be safe and grounded. In this presentation, we will learn to feel into our roots and center, and do a short meditation as well as a grounding, integrating, and transformation exercise.

### SCHEDULE

Thursday, August, 27th  
3.10 - 3.50 pm UK time

### CONTACT

[rcorraovelez@gmail.com](mailto:rcorraovelez@gmail.com)

[www.yourbreathtree.com](http://www.yourbreathtree.com)

## STUDENT

### Hannah Kendaru

Hannah has had an endless admiration for simplicity. Cultivating space to allow others to dive into their own wisdom, she thrives on the empowerment of others.

Hannah is an Indonesian-British facilitator currently living in Switzerland. She is a co-founder of Encourage Retreats, a fully-immersive, outdoor retreat center located in the beautiful Swiss Alps hosting yoga and meditation for individuals and families. Using direct experience for transformation, she is incurably fascinated by bringing people to step into their own process of unlearning to discover their power and strength.



### SESSION TOPIC

#### Inner Guidance

This guided breathwork session will invite you into the space of inner wisdom. With a resourcing meditation and visualization, this session will give you a chance to reconnect with multiple dimensions of yourself, to bring together the parts you may have left behind, and to embrace them all with love and forgiveness.

### SCHEDULE

Thursday, August, 27th  
4:00 - 5:30 pm UK time

### CONTACT

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[www.inspire-breathwork.org](http://www.inspire-breathwork.org)

Co-Founder Encourage Retreats [www.encourage-retreats.com](http://www.encourage-retreats.com)

## STUDENT

### Nan Leffingwell

Nan is a Technology Consultant by day and an Online Breathwork Facilitator by night. Nan's journey with breathwork began in May of 2019 when she experienced a holotropic breathwork session for the first time. The experience was so profound that she continued a regular breathwork practice which has resulted in a deep personal transformation. Inspired by this healing experience, Nan has decided to take on the mission of facilitating breathwork sessions and share this healing experience with others.



### SESSION TOPIC

#### **The Self-Healing Journey**

Unresolved trauma can high-jack the nervous system trapping people in patterns of fight, flight, freeze, and faun responses. In this breathwork, we will use visualization to call forth your resources to generate love and compassion for your inner being.

### SCHEDULE

Thursday, August, 27th  
6:00 - 7:30 pm UK time

### CONTACT

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

[https://www.instagram.com/soul\\_salon\\_lawrence/](https://www.instagram.com/soul_salon_lawrence/)

## STUDENT

### Christine Shepherd

A few years ago Christine found herself living a life that did not align with her heart and soul, so she decided to surrender and let life guide her on a new path. She let go of everything and took her attention inward. She learned how to tune in and listen to her spirit/heart/inner wisdom, unleash the wild feminine that had been wanting to express herself, befriend her ego, and find wholeness within. LIVE POWWAFULLY is a community Christine is creating for those wanting to live fully and in alignment with their heart and soul. We all have the power to breathe, to feel, and to live from this place. Christine is also part of the AoB team, is a bit of a nomad but is based on the west coast of Canada and is excited to share her love of breathwork with the world.



### SESSION TOPIC

#### Tap into the Power Within

Everything you seek is already within you. This breathwork journey takes you home, into your heart, to feel all that you are and release what no longer serves you. Let's tap into the power within and live from this place.

### SCHEDULE

Friday, August, 28th  
4:00 - 5:30 pm UK time

### CONTACT

[christine@livepowwafully.com](mailto:christine@livepowwafully.com)

[@steenshep](#) & [@livepowwafully](#)

[www.livepowwafully.com](http://www.livepowwafully.com)



## STUDENT

### **Eszter Rózsa**

Eszter is a teacher and lawyer. She has been on a conscious spiritual journey and re-discovering her unique soul essence for the past 17 years. Before committing herself to becoming a breathwork facilitator, she extensively studied the works of various spiritual teachings and leaders. She loves nature and embraces infinite creativity. Eszter lovingly guides and holds space for her breathers to experience a natural unfolding of their self-healing process, so that they can become whole again in body, mind, and soul.



### **SESSION TOPIC**

#### **Your Heart as Your Resource**

In our daily lives, we tend to see the world through our thoughts rather than tuning into the present moment by being fully aware of how and what we feel. Today, we are going to connect to our Heart Space and explore the hidden gifts that lie in each of our feelings and sensations.

### **SCHEDULE**

Friday, August, 28th  
6:00 - 7:30 pm UK time

### **CONTACT**

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<https://www.facebook.com/eszter.rozsa.12>