



# ONLINE BREATHCAMP

## PROGRAM

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19<sup>TH</sup> - 20<sup>TH</sup> NOVEMBER 2020

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THURSDAY 19<sup>TH</sup> NOVEMBER

3:00 - 3:10 pm

LONDON, UK TIME

**Welcome Introduction to Public BreathCamp**

Anthony Abbagnano &amp; Emily Ray Henderson

In this brief meeting, you will be welcomed to BreathCamp by Alchemy of Breath founder Anthony Abbagnano, and Alchemy of Breath Trainer Emily Ray Henderson.

3:10 - 3:50 pm

**Mentor Presentation  
Breathwork and Psycho-Spiritual Techniques As Wonderful  
Healing Companions**

Sofia Livingstone and Ardhan Swatridge

In what ways does psycho-spiritual awareness, integrate, enhance, and deepen the breathwork experience? Why is it important for breath workers to do a lot of deep inner and shadow work as an integral, intrinsic, and necessary part of healing, co-creation, and awakening? These topics and more will be explored in this special presentation.

3:50 - 4:00 pm

**Breathwork Introduction**

4:00 - 5:30 pm

**Breathwork: Letting Go Of Fear**

Scott Ramsey

Fear is at the root of many of our blocked emotions. With the support of our breath we can access these emotions in a safe way and allow them to find movement within us. This movement creates the potential for the releasing and letting go of the blocked emotions, helping to overcome anxiety and depression, and relieving stress. The flow of life becomes smoother giving us the ability to move through challenges with more ease and grace.

5:30 - 6:00 pm

**Meal Break**

6:00 - 7:30 pm

**Breathwork: Kundalini Rising**

Holly Frances

A Breathwork through the chakras. Breathing towards unlocking kundalini energy, which is thought to rest like a coiled serpent at the base of the spine. When this dormant energy flows freely upward through the seven chakras (energy centers), it is known to lead to an expanded state of consciousness.

Come and unlock with the breath, let's breathe towards that sublime state of consciousness.

7:30 - 8:45 pm

**Close Day for the Public**

7:45 - 8:00 pm

***breathwork feedback circle for both sessions***

8:00 - 8:15 pm

**Close Class and Breathcamp**

**FRIDAY 20<sup>TH</sup> NOVEMBER - BREATHWORKS OPEN TO THE PUBLIC****3:00pm - 3:45pm**

LONDON, UK TIME

**Special Topic - Transforming Anxiety**

Anthony Abbagnano

What if you could trade in your anxiety for enthusiasm? Anxiety may be one of the most limiting experiences we can have, but today Anthony will inquire into how we can transform this powerful force into a useful tool for change. If you are interested to co-create alchemy then join us for this special masterclass.

**3:45pm - 4:00pm****Q&A****4:00pm - 5:30pm****Breathwork: Into a Mystical Land of the Beloved**

Aminah Sheikh

*Forget not that the earth delights to feel your bare feet and the winds long to play with your hair ~ Khalil Gibran*

Wandering through the landscape of our earth life, breath like silk thread adorns our soul's journey. In search of an oasis, our human caravan often forgets that the mystery lies in our hearts.

In this poetic breathwork, the invitation is to embody the Mast Qalandar – Free Spirit – as we whirl in our inner realms, 'Into a Mystical Land of the Beloved'. Perched on the magical carpet of breath, a parched soul will reclaim stardust!

**5:30 - 6:00 pm****Meal Break****6:00 - 7:30 pm****Breathwork: Breathe Free with Sarah**

Sarah Lamb

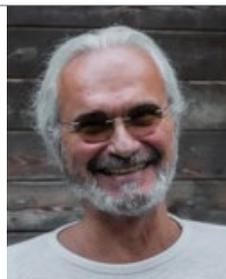
Every new breath is an opportunity for freedom! Freedom from all we carry in this life, to let go and return to ourselves. Join me for gentle movement, guided visualisation and a 60 minute conscious connected breath journey that will deeply connect you to the earth through the root chakra and the sky through your crown. As we breathe between these two immense forces our energy body is restored and we begin to feel a new space and freedom within.

**7:30 - 7:45 pm****Close Day for the Public****7:45 - 8:00 pm*****breathe feedback for 2 sessions*****8:00 - 8:30 pm****Close Class and Breathcamp**

## 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****Transforming Anxiety**

What if you could trade in your anxiety for enthusiasm? Anxiety may be one of the most limiting experiences we can have, but today Anthony will inquire into how we can transform this powerful force into a useful tool for change. If you are interested to co-create alchemy then join us for this special masterclass.

 **SCHEDULE**

Friday, November, 20th  
3:00 - 3:45 pm UK time

 **CONTACT**

<https://alchemyofbreath.com/>

## MENTOR

### Sofia Livingstone

"It is foolish to think that we will enter heaven without entering into ourselves" Theresa d'Avila

Sofia lives in Liguria, Italy with her partner Ardhan and four-footed animals, on an isolated olive tree farm, growing perfumed roses and creating natural produce from the land.

Sofia has undergone extensive and long trainings in many modalities specifically with Transforming Dialogue and Shamanic Ritual Family Constellation and more recently with Alchemy and other breathwork. She has been on a long journey to heal individual and inter-generational trauma with the 'brutal grace' of chronic, debilitating illness as her initiation and greatest teacher.

She is a storehouse of knowledge but it is the dark nights of the soul and 'burn out that initiated her as a wounded and mystic healer, leading her to a path of spiritual embodiment and divine sovereignty.

She now calls herself a 'trauma-informed, shame midwife', as she knows that all lightworkers and empathic souls have a wounded healer pattern, which is about making the darkness conscious in order to be a vessel of grace. Relentless shadow work and belief in her own happy ending, has led her to find that radical self-trust is the gift of darkness.

Sofia's mission is to help people see how they can reinvent themselves over and over. As an enlightened witness, she acts as a bridge to help jump-start other beating hearts, so that they reconnect with the intimate territory of their soul.

Because of her own lived experience Sofia guides others with tenderness and compassion, to reclaim their vitality and aliveness and see their lives from a multi-dimensional perspective, recognizing how their greatest wounds, these sacred obstacles, can and do become the golden treasure and the healing medicine they can offer to this broken world.



### CONTACT

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## MENTOR

 **Ardhan Swatridge**

Born on a farm, schooled by nature and in the harsh climate of english boarding schools. Ardhan is a sensitive man who has spent his life healing and integrating those early experiences, bruised by patriarchy on the one hand and inspired by the freedoms of hippy youth culture on the other. Ardhan's life experiences include: graphic design, craftsman in wood, business partner, repairer-renovator, Psychosynthesis and Transforming Dialogue counselor, eco-buddhist mystic, grower of food and health, writer, photographer, and student of dry-stone wall building on the sacred mountainside where he lives with his partner Sofia, in Italy. Ardhan trained in Breathwork with AoB last year. Active in men's groups online, he brings presence and empathy to all the therapeutic work he undertakes in service to a better world.

 **CONTACT**

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 **SESSION TOPIC****Breathwork and Psycho-Spiritual Techniques As Wonderful Healing Companions with Ardhan Swatridge and Sofia Livingstone**

In the breathwork community, we are familiar with how breath increases the efficacy of our internal processes and our path to wholeness. In what ways does psycho-spiritual awareness, integrate, enhance, and deepen the breathwork experience?

Why is it important for breath workers to do a lot of deep inner and shadow work as an integral, intrinsic, and necessary part of healing, co-creation, and awakening?

How can we learn to hold the tension of opposites, the polarities that live inside of us, in ways that bring more wholeness and balance to ourselves and others?

Those of us who have experienced breathwork, know that change and transformation can happen without talking about anything. But..... it works BOTH WAYS....because the increasing psycho-spiritual understanding and awareness of polarities and energies inside us, helps substantiate and embody our experience, bringing greater clarity, healing, and wisdom.

We both trained for many years in Transforming Dialogue which is an accessible and powerful tool for conscious transformation, a person-centered approach for psychological exploration, and a creative journey of discovery into yourself. We will be working with the Three Models of consciousness: The Awareness state, the Selves, and the Ego/Aware Ego State, as well as touching briefly into The Laws of the Psyche: Judgements and what is underneath. With practical demonstrations.

When we can stand on both feet, with our arms around our opposing energies, we find ourselves no longer reacting unconsciously from default patterns and behaviors, projecting these disowned qualities out onto others, usually those we either overvalue or deeply dislike. When we bring awareness to how we are hooked and identified, we can embrace and respect both strength and vulnerability; that of others, as well as our own, standing in sovereignty as change-makers and impacting society in a huge way.

 **SCHEDULE**

Thursday, November 19th  
3:10 pm - 3:50 pm UK time

## STUDENT

### Scott Ramsey

Scott is a Thai massage therapist, yoga instructor and breathworker-in-training. He has been a Thai massage therapist since 2010, combining traditional techniques he has studied in Thailand with his signature gentle and rhythmic touch to create a relaxing yet therapeutic massage. He began guiding breathwork during his massage sessions after attending a Thai massage training in 2014, where he learned about the breath's importance in facilitating release and healing on a deeper level. He is thrilled and honored to take breathwork to a whole new level in his practice and bring breathwork into more people's lives.



### SESSION TOPIC

#### Letting Go of Fear

Fear is at the root of many of our blocked emotions. With the support of our breath, we can access these emotions in a safe way and allow them to find movement within us. This movement creates potential for the releasing and letting go of the blocked emotions, helping to overcome anxiety and depression, and relieving stress. The flow of life becomes smoother giving us the ability to move through challenges with more ease and grace.

### SCHEDULE

Thursday, November 19th  
4:00 pm - 5:30 pm UK time

### CONTACT

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Instagram - heartbreath.co

## STUDENT

### Holly Frances

Holly is a Holistic Practitioner & guide, who loves to weave Reiki into her modalities such as Sound Healing, Soulful Yoga & Breathwork. She is known for her uplifting, caring & nurturing style, while she encourages growth for both the physical & spiritual self. She likes to empower the individual on their journey while encompassing a balance of inquisition & surrender. Ultimately she loves sharing the incredible power that the breath holds, witnessing it change people's lives & is in awe of the clarity it can bring. Holly feels honored to guide others & hopes it leads, those willing, into creating a sublime consciousness for their mind, body, and soul. 'Bringing you back to yourself'



### SESSION TOPIC

#### Kundalini Rising

A Breathwork through the chakras. Breathing towards unlocking kundalini energy, which is thought to rest like a coiled serpent at the base of the spine. When this dormant energy flows freely upward through the seven chakras (energy centers), it is known to lead to an expanded state of consciousness.

Come and unlock with the breath, let's breathe towards that sublime state of consciousness.

### SCHEDULE

Thursday, November 19th  
6:00 pm - 7:30 pm UK time

### CONTACT

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[www.soundsoulbreath.com](http://www.soundsoulbreath.com)  
Instagram: soundsoulbreath  
Facebook: Sound Soul Breath By Holly

## STUDENT

### Aminah Sheikh

Aminah Sheikh is a storyteller with a gypsy heart, who believes 'We are all Stardust'. Her endeavor is to share the gift of healing through the Breath. The essence of her work is in supporting a breather to befriend the wounded inner child and weave a fresh story thereon. She uses a gentle approach to remind breathers of their power of choice.



As a healing facilitator, Aminah uses modalities such as Breathwork, Mindfulness, Emotional Freedom Technique, and Flower Remedies.

### SESSION TOPIC

#### Into a Mystical Land of the Beloved

*Forget not that the earth delights to feel your bare feet and the winds long to play with your hair ~ Khalil Gibran*

Wandering through the landscape of our earth life, breath like silk thread adorns our soul's journey. In search of an oasis, our human caravan often forgets that the mystery lies in our heart.

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### SCHEDULE

Friday, November 20th  
4:00 pm - 5:00 pm UK time

### CONTACT

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breathingstardust2020@gmail.com  
Instagram: butterflytale

## STUDENT

### Sarah Lamb

With a degree in Physical Education & Physiology and a lifelong love affair with Yoga, discovering the healing art and science of Breathwork was a match made in heaven! I found so much freedom in the breath. To clear the debris from my long healing journey through grief, addiction, shame and self-doubt, and expand into my true self - loving, curious and with a deep well of compassion for those who suffer. I discovered that no matter how far we stray from ourselves, we can find our way home by tuning into the infinite wisdom of our body and our breath. I love to create beautiful spaces, ritual and breath practices to guide others on their journey of self-healing.



### SESSION TOPIC

#### **Breathe Free with Sarah**

Every new breath is an opportunity for freedom! Freedom from all we carry in this life, to let go and return to ourselves. Join me for gentle movement, guided visualisation, and a 60 minute conscious connected breath journey that will deeply connect you to the earth through the root chakra and the sky through your crown. As we breathe between these two immense forces our energy body is restored and we begin to feel a new space and freedom within.

### SCHEDULE

Friday, November 20th  
6:00 pm - 7:30 pm UK time

### CONTACT

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