



# ONLINE BREATHCAMP

## SCHEDULE AND PRESENTERS

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

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## MONDAY 24<sup>TH</sup> AUGUST

9:00 - 9:30 am

LONDON, UK TIME

### **Welcome Introduction to BreathCamp:**

Anthony Abbagnano & Pablo Castro

9:30 - 10:45 am

### **Breathe: 2 sessions 2 rooms**

Keryn-Leigh Milne

#### **Ethereal Breathwork**

A celestial journey into the subconscious to awaken the soul from within. Enchanting music to take you to ethereal realms while your breath guides you on a journey of self-discovery and healing mastery.

Claire Wolfe

#### **Wisdom Of Breath**

Tapping into the body's ancient wisdom through the healing power of the breath. We come to this earth with everything we need, now we need to wake up this wisdom and remember.

10:45 - 11:15 am

### **Breathwork Feedback Circle**

11:15 - 11:30 am

### **BREAK**

11:30 am - 12:30 pm

Guest teacher

Sara Swords

#### **Deepening Inquiry**

What are we doing as breathwork practitioners when we help others to be present to themselves, as they seek to surface and change things in their lives? We hold a space of safety, understand levels of listening, receiving and pace, recognise thresholds and edgy behaviours and quieten our own stories as to why we want to do this work. This session will give you practical ways to approach your moments of connection with breathwork clients.

12:30 - 1:00 pm

### **CLOSE CLASS**

## MONDAY 24<sup>TH</sup> AUGUST

4:00 - 4:30 pm

LONDON, UK TIME

### Welcome

Anthony Abbagnano & Emily Ray Henderson

4:30 - 5:45 pm

### Breathe: 2 sessions 2 rooms

Cara Tappenden

#### Release the Old Wound, Let Love Live

Using breathwork to enter the painful spots (physically and emotionally). Safely practicing how to be present with your pain instead of resisting it. This was inspired by a card from the Sacred Rebel Oracle deck.

Scott Braunschweig

#### Breathe Into Your Happiness

How does your happiness feel in your body? Where is your resource point for happiness? Can we feel happy with the right mindset? Can laughter and a smile trigger happiness? With more self-love we can increase the positive energy flowing through our body - so let's breathe into this and bring out our full potential of self-love and positive vibrations into this world.

5:45 - 6:15 pm

### Breathwork Feedback Circle

6:15- 6:30 pm

### BREAK

6:30 - 7:30 pm

Guest Teacher

Giten Tonkov

#### Working with Resourcing, Pendulation and Titration in Breath Sessions

Breathwork and deep connected breathing has a potential to be activating and can bring to the surface lots of unprocessed body responses related to past trauma. In this session we will experience working with trauma release principals of resourcing, pendulation and titration. These principals help to create safety and support our clients and group participants in letting go of trauma related tension and emotions related to it. We will explore how to keep our clients in the "Window of Tolerance" without overcharging and overwhelming their system.

7:30 - 8:00 pm

### CLOSE CLASS

TUESDAY 25<sup>TH</sup> AUGUST

9:00 - 9:45 am

LONDON, UK TIME

## Mentor Presentation

Michelle Harland

**Building the Pleasure Body**

In her recent work, along with integrating recent breathwork facilitator training, Michelle has found the idea of 'building the pleasure body' as the main factor that now brings so many benefits to her clients such as creating safety, increasing emotional/energetic resilience, creating firm Somatic Anchors, increasing neuroplasticity, increasing speed of integration, overcoming resistance and forming new identity beyond trauma. From her own 'making sense' series, she brings simple and effective pleasure building techniques that attract more people to the often hard slog of healing pain histories.

9:45 - 11:00 am

**Breathe: 2 sessions 2 rooms**

Mitchell Vickridge

**Reconnecting to The Inner Child**

For this breathwork, I am inviting all breathers to connect to their original self: the inner child. The music will take you on a gentle start of beats & vibration allowing you to stay focused with the conscious connected breath. It gives you time to pull back the years of your more matured everyday adult self & reconnect to the little boy or girl that once was, and still is.

Lina Salih Didi

**Elemental Breathwork**

According to Vedic and Grecian philosophy, the 4 Elements of Air, Fire, Water, and Earth form the foundation of all Creation. Lina's breathwork will guide us on a journey through these Elements, which have their respective correspondences in our lives.

11:00 - 11:15 am

**Breathwork Feedback Circle**

11:15 - 11:25 am

**BREAK**

11:25 am - 12:40 pm

**Breathe: 1 Breathe**

Shreni

**Emotional Release Breathwork**

In this breathwork, Shreni will create a safe space for you to express the full spectrum of your emotions and let go of what no longer serves you.

## TUESDAY 25<sup>TH</sup> AUGUST

12:40 - 1:00 pm

LONDON, UK TIME

### Breathwork Feedback Circle CLOSE CLASS

4:00 - 4:45 pm

Special Topic

Kim Kindersley

#### Breathwork as Ceremony ... Healing Trauma

For thirty years i have had extraordinary experiences with ceremony around the world, especially in relation to the whales but it was only after studying Breathwork with Alchemy of Breath and integrating these techniques with the ceremony, did it all start to make sense. By setting the context of a breath work in a ceremonial sense, I was finally able to start to heal the deep trauma hidden inside of me..... it is my passion to share this the journey to help as many people as possible to heal the own deep wounds.

4:45 - 6:00 pm

### Breathe: 2 sessions 2 rooms

Thongbotho Boekel

#### Overcoming Challenges that Cause Resistance

What is resistance and what does it mean when we are experiencing it? When we experience a strong resistance towards something it generally indicates that this issue is important to us. Behind this importance hides incredible potential. Through the steps of acknowledgment, acceptance, and action we have the ability to transform our resistance into opportunity.

Dani Kand

#### Breathflow: Fluidity + Vitality

Everywhere you've ever wanted to be is exactly where your breath will take you, intuitively. Flow with your breath to discover your way; flow with your path to uncover your truth. Everything you seek is revealed by the very nature of your every breath. Fluid, flowing, vital.

6:00 - 6:15 pm

### Breathwork Feedback Circle

6:15- 6:25 pm

**BREAK**

## TUESDAY 25<sup>TH</sup> AUGUST

6:25-7:40 pm

LONDON, UK TIME

### **Breathe: 2 sessions 2 rooms**

Attila Gedikoglu

#### **Breathing in Conscious Movement Towards Integration of Senses**

We'll start with conscious movement inspired by Dr. Dan Siegel's 'wheel of awareness', and then move into a breathwork that will be focused on cultivating presence and supporting defragmentation via conscious connection in between body and mind.

Esther Johnson

#### **Breathwork For Release**

There is no better time than NOW to release what no longer serves you. We will work to move through energy blockages that have been stored in the body and mind due to suppressed trauma. We will focus on resetting the nervous system and uncover and integrate unconscious patterns, blockages, and barriers in your body and life.

7:40 - 8:00 pm

### **Breathwork Feedback Circle CLOSE CLASS**

## WEDNESDAY 26<sup>TH</sup> AUGUST

9:00 - 10:00 am

### Mentor Presentation

Matt Parker

#### **The Felt Sense and Contacting What Wants Your Awareness**

In this presentation I will talk about felt sense, briefly refreshing and deepening our understanding of it and in turn how we might invite, recognise and develop it. I will also cover out its role in effective therapy and how we might use it as breathwork facilitators. Of course a felt sense is primarily an experience, so the bulk of this presentation will be experiential.

10:00 - 11:15 am

### **Breathe: 1 session**

Sally Grant

#### **Body Mind Connection**

My experience with breathwork has shown me the duality we live in every day and how breathwork can bridge the gap to better health. My breathwork aims to connect the body and mind of the breather. Opening communication between the two.

## WEDNESDAY 26<sup>TH</sup> AUGUST

11:15 - 11:35 am

LONDON, UK TIME

### Breathwork Feedback Circle

11:35 - 11:50 am

### BREAK

11:50 am - 12:40 pm

### Guest Teacher

Daniel Anner

#### Letting the body move the breaths

In this class we will use specific movements to create space in the body and discover where we are holding the most.

From this space we will bring Biodynamic Breathwork (BBTRS) felt sense approach to release any stuck area.

A class open to all to get a taste of this powerful approach.

12.40 - 1.00 pm

### CLOSE CLASS

4:00 - 4:45 pm

### Breathe: 1 session 1 room

Sven Zeissner

#### Stretchwork before Breathwork

With only a few specific stretching exercises before a breath-session, we can really improve our overall experience. Opening up all the channels and releasing tension in specific muscle groups that are essential for breathing, we allow for a much deeper journey.

## WEDNESDAY 26<sup>TH</sup> AUGUST

4:45 - 6:00 pm

LONDON, UK TIME

### **Breathe: 2 sessions 2 rooms**

Zoka

#### **Connect to Your Source**

Consciousness and the realization of the truth of what we truly are, is where my passion lies. In this session, we will use the breath as a tool to open the space to experience our transpersonal being.

Caroline Lowe

#### **Surrender and Trust**

Using the power of breath we will tap in the quantum energy field and move your body, mind, and spirit into a state of surrender and trust.

6:00 - 6:20 pm

### **Breathwork Feedback Circle**

6:20 - 6:35 pm

### **BREAK**

6:35 - 7:30 pm

Guest teacher

Sara Swords

#### **Deepening Inquiry**

What are we doing as breathwork practitioners when we help others to be present to themselves, as they seek to surface and change things in their lives? We hold a space of safety, understand levels of listening, receiving and pace, recognise thresholds and edgy behaviours and quieten our own stories as to why we want to do this work. This session will give you practical ways to approach your moments of connection with breathwork clients.

7:30 - 8:00 pm

### **CLOSE CLASS**



## THURSDAY 27<sup>TH</sup> AUGUST Breathworks Open to Public

3:00 - 3:10 pm

LONDON, UK TIME

### **Welcome Introduction to Public 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**

Rita Carrao Velez

#### **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.

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 Breathworks Open to Public

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)

## GUEST TEACHER

### Sara Swords

Sara is a qualified coach, working internationally. She pioneered online coaching in 2012, using Skype, when she organised a team of coaches to coach managers working in emergency response in seven countries. Three years later she was asked to develop coaches there and to provide 'coach the coach' support. She is also a qualified hypnotherapist. Since 2013, she has led a leadership programme for Médecins Sans Frontières, which involves participants returning from missions which expose them at times to difficult, traumatic experiences. Sara is an online graduate of T9 and came to AoB and breathwork to learn to integrate head and heart.



### SESSION TOPIC

#### Deepening Inquiry

What are we doing as breathwork practitioners when we help others to be present to themselves, as they seek to surface and change things in their lives? We hold a space of safety, understand levels of listening, receiving and pace, recognise thresholds and edgy behaviours and quieten our own stories as to why we want to do this work. This session will give you practical ways to approach your moments of connection with breathwork clients.

What are we doing as breathwork practitioners when we help others to be present to themselves, as they seek to surface and change things in their lives? The session will include: • an overview of the multiple conversations that are happening outwardly and inwardly, • breathwork exercises to build safety and resourcefulness so that a client relaxes into the space and into what they want to achieve, • what you can notice beyond content, and • how to set conditions for a relational, trauma sensitive response to healing.

### SCHEDULE

Monday, August, 24th  
11:30 - 12:30 am UK time

Wednesday, August, 26th  
6:35 - 7:30 pm UK time

### CONTACT

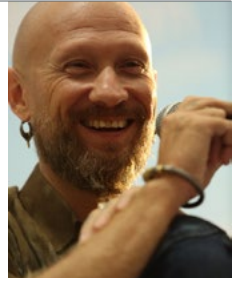
[sara.swords@outlook.com](mailto:sara.swords@outlook.com)

[www.saraswordscouching.co.uk](http://www.saraswordscouching.co.uk)

## GUEST TEACHER

### Giten Tonkov

Developer of the BioDynamic Breath & Trauma Release System®, Giten shares a mastery of body-oriented therapies that has evolved from over 20 years of learning, exploration and work with countless clients and groups around the world. His passion for life, humility and love for people has inspired his own personal journey and the creation of his “6-Element” approach to healing. Giten continually leads practitioner trainings and experiential workshops with his unique blend of creativity, depth and playfulness, while growing the BioDynamic Breath & Trauma Release Institute and its global community of friends and colleagues.



Giten is a Licensed Massage Therapist since 1994 (Swedish Institute of Massage Therapy, New York), and certified Breath & Body Oriented Therapist since 2001 (Diamond Breath School, Miasto Meditation Institute, Italy), as well as a former Osho Multiversity Therapist (OSHO Meditation Resort, Pune, India). He was born in Ukraine and lived in New York for 24 years, before finding his current home in the Santa Cruz Mountains, California.

### SESSION TOPIC

**“Working with resourcing, pendulation and titration in breath sessions”.**  
**It is trauma related content.**

Breathwork and deep connected breathing has a potential be activating and can bring to the surface lots of unprocessed body responses related to past trauma. In this session we will experience working with trauma release principals of resourcing, pendulation and titration. These principals help to create safety and support our clients and group participants in letting go of trauma related tension and emotions related to it. We will explore how to keep our clients in the “Window of Tolerance” without overcharging and overwhelming their system.

### SCHEDULE

Monday, August, 24th  
6:30 - 7:30 pm UK time

MENTOR

 **Michelle Harland**

Born with high level, untrained Shamanic and Empathic gifts Michelle took refuge in Nature using what she thought was 'just imagination' to get through a troubled Childhood. Becoming a teenage Mother and raising 4 children over the last 34 years, Michelle has been inspired to become a Mother who does not pass on her family inherited issues and has sought education and experience, in many modalities, philosophies and traditions to find ways in which she can transform herself and raise people. Specialising in working with Sexuality, Intimacy and Relationships, Michelle brings a unique fusion of Shamanism, Psychosexual Somatic Therapy, Energy Psychology, Anthroposophy, Creative Design, Hypnotherapy and Breathwork to clients and groups with key factors she has found to speed up self growth in safety and comfort, and is known for her Passion and Authenticity.



 **SESSION TOPIC**

**Building the Pleasure Body**

In her recent work, along with integrating recent breathwork facilitator training, Michelle has found the idea of 'building the pleasure body' as the main factor that now brings so many benefits to her clients such as creating safety, increasing emotional/energetic resilience, creating firm Somatic Anchors, increasing neuroplasticity, increasing speed of integration, overcoming resistance and forming new identity beyond trauma. From her own 'making sense' series, she brings simple and effective pleasure building techniques that attract more people to the often hard slog of healing pain histories.

 **SCHEDULE**

Tuesday, August, 25th  
9:00 - 9:45 am UK time

 **CONTACT**

[crystalseahorse@hotmail.co.uk](mailto:crystalseahorse@hotmail.co.uk)

## MENTOR

### **Kim Kindersley**

Kim Kindersley has been holding space in circle and ceremonies for over 30 years. He is an international multi award winning documentary film maker but in the last 4 years has dedicated more and more time to the study of Breathwork through the Alchemy of Breath. Combining a love of Breathwork, ceremony, movement and sacred chanting [www.chantbreathdance.com](http://www.chantbreathdance.com) was born in 2018. Kim has lead three day Chant Breathe Dance workshops in Dublin, Glastonbury, Slovakia, Paris, co facilitating any more in London and beyond.



### **SESSION TOPIC**

#### **Breathwork as ceremony ... healing trauma**

For thirty years i have had extraordinary experiences with ceremony around the world, especially in relation to the whales but it was only after studying Breathwork with Alchemy of Breath and integrating these techniques with the ceremony, did it all start to make sense. By setting the context of a breath work in a ceremonial sense, I was finally able to start to heal the deep trauma hidden inside of me.....it is my passion to share this the journey to help as many people as possible to heal the own deep wounds.

### **SCHEDULE**

Tuesday, August, 25th  
4:00 - 4:45 pm UK time

### **CONTACT**

[kim@chantbreathdance.com](mailto:kim@chantbreathdance.com)

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

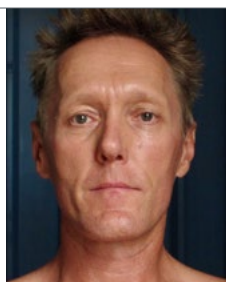
FB group ChantBreatheDance CBD



## MENTOR

### **Matt Parker**

I experienced my first breathwork in 2013. It was certainly the single most pivotal experience I've ever had. Since then as well as breathwork I've explored various things from shamanism to meditation to qigong. I'm currently developing my practice as a Breathwork Facilitator and also as a student of Focusing a therapeutic practice centred around felt sense.



### **SESSION TOPIC**

#### **The Felt Sense and Contacting What Wants Your Awareness**

In this presentation I will talk about felt sense, briefly refreshing and deepening our understanding of it and in turn how we might invite, recognise and develop it. I will also cover out its role in effective therapy and how we might use it as breathwork facilitators. Of course a felt sense is primarily an experience, so the bulk of this presentation will be experiential.

### **SCHEDULE**

Wednesday, August, 26th  
9:00 - 10:00 am UK time

### **CONTACT**

[parkmatw@icloud.com](mailto:parkmatw@icloud.com)

## GUEST TEACHER

### Daniel Anner

Daniel Anner discovered yoga in San Francisco in 2002, while completing a degree in psychology. In 2004 he worked as a youth counselor in Geneva's prison system. Over the years he has taught yoga at the World Trade Organization, World Economic Forum, UNHCR, the "École Internationale", the Four Seasons hotel and to private clients and refugees.

Additionally, he has shared his gift of yoga with people living on the streets, and launched the 1st Geneva Yoga Festival in 2010. To date, Daniel has organized 15 Yoga festivals, and has taught yoga all over the world. He is trained in Thai massage and craniosacral therapy, and is an avid practitioner and teacher of AcroYoga.



### SESSION TOPIC

#### **Coming back to the body - a journey of movement and breathwork**

His classes are intuitive, inspired by Kundalini yoga as well as fluid and static Hatha yoga. As a certified Biodynamic Breathwork & Trauma Release practitioner, he combines a variety of tools in his trainings, retreats, workshops and classes. He has started to couch private clients with intensive program to experience deep change over a short period of time.

### SCHEDULE

Wednesday, August, 26th  
11:50 - 12:40 am UK time

### CONTACT

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

Biodynamic Breathwork, Cranio Sacral, Yoga & Thai massage therapist

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

Fondateur Geneva Yoga Festival

[www.paratyogafestival.com.br](http://www.paratyogafestival.com.br)

Co fondateur Paraty Yoga Festival

## 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

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

@hannahkendaru

[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**

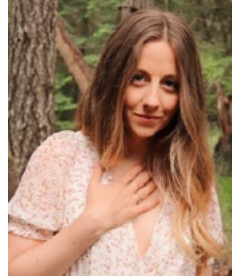
<https://www.facebook.com/TheSoulSalonwithJennieandNan/>

[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)

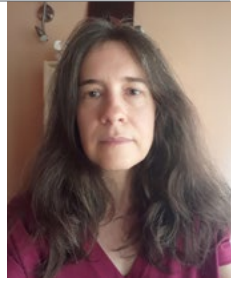
@steenshep & @livepowwafully

[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**

[eszter.breathwork@gmail.com](mailto:eszter.breathwork@gmail.com)

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