



ONLINE BREATHCAMP PRESENTERS

25-29.
05.20

ONLINE BREATHCAMP

25.05

UK TIME

3:00 - 3:45

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

3:45 - 5:00

Breathe:

[Nadia Chanandin](#)

Receiving Grace

The session is using the breath to open a direct gateway to spirit for healing, blessings and spiritual support. You will be introduced to a collective of spiritual beings that are here to give you all the love, guidance, support and help that you need. Grace from spirit is always freely given but sometimes we need to be able to tap into it and be open to receiving.

Breathe:

[Malin Nilsson](#)

Connect to your Inner Joy

With the help of your conscious connected breath I'd like to guide you into your inner happiness. To connect to your joyful energy and let it fill and charge you.

5:00 - 5:20

Breathwork feedback circle

5:20- 5:30

BREAK

5:30 - 6:15

Guest Teacher:

[Rachel Ellery](#)

The Anatomy Of The Breathe

We will explore the jelly fish like structure of the diaphragm and appreciate the 3 neurological connection that influence our breathe. Breathing dysfunctions in our community are rife and they influence our internal physiological environment, lets discuss this!

6:15 - 7:00

MEAL BREAK

7:00 - 8:15

Breathe:

[Christian Kasper](#)

A Bridge Inwards

There is a force in our psyche to unite the unconsciousness and the consciousness, to seek balance and ever-unfolding growth. It's called individuation. Breathwork is one tool that assists and promotes that process, by letting our breath guide us to realms hidden from our consciousness.

Breathe:

[Nadia Papayani](#)

Breathing for Health and Vitality

In this time of multiple threats to our physical and psychological wellbeing, this practice will orient itself toward balancing thoughts and feelings, improve circulation, oxygenation, organ health, and all around vitality. We will start with a technique to boost the immune system, followed by a simple and gentle breathing practice to establish a neutral state of balance.

8:15 - 8:30

Breathwork feedback circle

8:30 - 9:00

Close Class

25-29.
05.20

ONLINE BREATHCAMP

26.05

UK TIME

3:00 - 3:45

Special Topic with Mentor: [Cheryl Gissing](#)
Integrating Breathwork with other Modalities & Practices

3:45 - 5:00

Breathe:
[Nadja Nitschke](#)
A Dance between the Dreamworld and Reality
Connect with nature, lucid dreaming and finding a way back to an equilibrium of inner health and strength.

Breathe:
[Sandra Von Paris](#)
Illuminating Hidden Realms
Breathwork with owl visualization to empower seeing things in a new way and illuminating hidden realms.

5:00 - 5:20

Breathwork feedback circle

5:20 - 5:30

BREAK

5:30 - 6:30

Guest Teacher:
[Katie Brockhurst](#)
Social Media For A New Age
A class on creating a social media practice to connect you with your community and clients, which can reward you in multi-dimensional ways. In this session we will cover:

- How to implement a Strategy which includes managing your time and digital wellbeing effectively.
- How your content gets seen, what platforms to choose and how to reach new people through connected community
- Visibility vulnerabilities and being authentic online
- How to utilise a framework to flow within to keep you consistent.
- Q&A.

6:30 - 7:00

MEAL BREAK

7:00 - 8:15

Breathe:
[Sara Swords](#)
Playing in the Wild
Are you ready to explore unrealized places within yourself and the natural world? This is a breathwork, which includes visualization, to discover that what we already have, deep in our hearts, is incredible and vast and playful.

Breathe:
[Molly Hayward](#)
The Circle - Breathwork for Stress Release and Spirit Recovery
In our chaotic and often isolating modern lives, many of us carry a deep longing for spiritual connection and exploration, and a sacred space in which to feel belonging, aliveness, and inner healing. Guided by Molly Hayward, Founder of Cora and Blood and Milk, The Circle uses the body and the breath as a tool for spiritual awareness and awakening.

8:15 - 8:30

Breathwork feedback circle

8:30 - 9:00

Close Class

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UK TIME

3:00 - 3:45

Special Topic with Mentor: [Paulo Genio](#)

The Mind & Breathwork

3:45 - 5:00

Breathe:

[Ann Uddin](#)

Coming Home

'Coming home' to our true authentic selves, moving from fear into love, in this breath workshop we will be using the breath to lead us into our true greatness.

Breathe:

[Hannah Cornell](#)

Surrender to the Abyss

Building trust in the darkness and the unknown. Much of the time, it is fear that drags us down. Let us cultivate unconditional trust so that we can become light and breeze through our experiences.

5:00 - 5:20

Breathwork feedback circle

5:20 - 5:30

BREAK

5:30 - 7:00

Guest Teacher:

[Giten Tonkov](#)

Resourcing, Pendulation and Titration in Breath Sessions

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.

7:00 - 7:30

MEAL BREAK

7:30 - 8:45

Breathe:

[Hosanna De Linares](#)

Fire Gathering

A transformational journey where our breath is our tool to gather the fire we need in order to wake up our creative energy and allow it to flow out into the world.

Breathe:

[Evangelia Bar](#)

Exploring Freedom

Through this breathwork session we will be exploring the notion of freedom.

8:45 - 9:00

Breathwork feedback circle

9:00 - 9:20

Close Class

25-29.
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

25-29.
05.20

ONLINE BREATHCAMP

29.05

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

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'Anjolell](#)

The Inner Child Journey

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

There will be an Ho'opnopno 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



MALIN NILSSON

SESSION TOPIC

Connect to your inner joy

With the help of your conscious connected breath I'd like to guide you into your inner happiness. To connect to your joyful energy and let it fill and charge you.

SCHEDULE

25th May (Monday) 3:45 - 5:00

NADIA CHANANDIN

SESSION TOPIC

Receiving Grace

The session is using the breath to open a direct gateway to spirit for healing, blessings and spiritual support. You will be introduced to a collective of spiritual beings that are here to give you all the love, guidance, support and help that you need. Grace from spirit is always freely given but sometimes we need to be able to tap into it and be open to receiving.

SCHEDULE

25th May (Monday) 3:45 - 5:00



RACHEL ELLERY

UK-trained Osteopath, New Zealand trained pilates rehab instructor & internationally recognised anatomy teacher Rachel Ellery, specializes in sharing her knowledge of human anatomy and movement principles to yoga students, yoga teachers, bodyworkers from around the world. Her mantra “educating and moving the world one body at a time” stems from over 26 years of hands on experience and 17 years of teaching functional anatomy, bodywork techniques and movement. Her passion to heal others through touch and movement began while practicing sports therapy in the UK and Caribbean. Rachel naturally progressed into further education at the British School of Osteopathy graduating in 2000. Rachel has also continued training in Cranio-sacral Osteopathy, Garuda mat, dry needling, pediatrics and shown interest in Eastern medicine healing modalities Wuo Tai, Zen Thai Shiatsu, Thai Vedic Yoga and the Thai Massage Circus.



SESSION TOPIC

Anatomy of the breath

SCHEDULE

25th May (Monday) 5:30 - 6:15

CONTACT

www.theanatomyschool.com
www.ubudosteopathy.com



NADIA PAPAYANI

SESSION TOPIC

Breathing for Health and Vitality

In this time of multiple threats to our physical and psychological wellbeing, this practice will orient itself toward balancing thoughts and feelings, improve circulation, oxygenation, organ health, and all around vitality. We will start with a technique to boost the immune system, followed by a simple and gentle breathing practice to establish a neutral state of balance.

SCHEDULE

25th May (Monday) 7:00 - 8:15

CHRISTIAN KASPER

SESSION TOPIC

A bridge inwards

There is a force in our psyche to unite the unconsciousness and the consciousness, to seek balance and ever-unfolding growth. It's called individuation. Breathwork is one tool that assists and promotes that process, by letting our breath guide us to realms hidden from our consciousness.

SCHEDULE

25th May (Monday) 7:00 - 8:15



CHERYL GISSING

Cheryl Gissing is a breathwork and voice facilitator, mentor, yoga teacher, aromatherapist, sound and vibrational medicine healer. She is passionate about conscious evolution and holds a very safe and sacred space for personal exploration. Cheryl works internationally with groups and individuals using an integrative approach; often combining these modalities in sessions and retreats to facilitate greater embodiment and presence for transformational experiences, deep healing and remembrance of our true sovereign Self, inner wisdom, creativity and innate wholeness.



SESSION TOPIC

Integrating Breathwork w other Modalities & Practices

SCHEDULE

26th May (Tuesday) 3:00 - 3:45

CONTACT

cherylgissing@hotmail.co.uk
or find her on Facebook



NADJA NITSCHKE

SESSION TOPIC

A dance between the dreamworld and reality

Connect with nature, lucid dreaming and finding a way back to an equilibrium of inner health and strength.

SCHEDULE

26th May (Tuesday) 3:45 - 5:00

SANDRA VON PARIS

SESSION TOPIC

Illuminating Hidden Realms

Breathwork with owl visualisation to empower seeing things in a new way and illuminating hidden realms

SCHEDULE

26th May (Tuesday) 3:45 - 5:00



KATIE BROCKHURST

Katie Brockhurst, the Social Media Angel, has spent the past decade supporting and guiding best selling authors and experts in spirituality and wellbeing to manage their social media platforms. She is the author of Social Media For A New Age, which was shortlisted as a finalist in the UK Business Book Awards & has just released the second book in the series, which is a Digital self-care guide.



SESSION TOPIC

Social Media For A New Age for Breathcamp

A class on creating a social media practice to connect you with your community and clients, which can reward you in multi-dimensional ways.

In this session we will cover:

- How to implement a Strategy which includes managing your time and digital wellbeing effectively.
- How your content gets seen, what platforms to choose and how to reach new people through connected community
- Visibility vulnerabilities and being authentic online
- How to utilise a framework to flow within to keep you consistent.
- Q&A

SCHEDULE

26th May (Tuesday) 5.30 - 6:30

CONTACT

www.socialmediaforanewage.com



SARA SWORDS

SESSION TOPIC

Playing in the Wild

Are you ready to explore unrealised places within yourself and the natural world? This is a breathwork, which includes visualisation, to discover that what we already have, deep in our hearts, is incredible and vast and playful.

SCHEDULE

26th May (Tuesday) 7:00 - 8:15

MOLLY HAYWARD

SESSION TOPIC

Breathwork for Stress Release and Spirit Recovery

In our chaotic and often isolating modern lives, many of us carry a deep longing for spiritual connection and exploration, and a sacred space in which to feel belonging, aliveness, and inner healing. Guided by Molly Hayward, Founder of Cora and Blood and Milk, The Circle uses the body and the breath as a tool for spiritual awareness and awakening.

SCHEDULE

26th May (Tuesday) 7:00 - 8:15



PAULO GENIO

Besides a Breathwork Facilitator, I'm also a Hypnotherapist and an airline Pilot. Blending the flights over the world's skies with the depths of the soul, I'm proposing a different approach and view about the Mind and Breathwork.



SESSION TOPIC

The Mind & Breathwork

SCHEDULE

27th May (Wednesday) 3:00 - 3:45

CONTACT

www.blossom-events.pt (Portuguese only)



ANN UDDIN

SESSION TOPIC

'Coming home' to our true authentic selves, moving from fear into love this breath workshop we will be using the breath to lead us into our true greatness.

SCHEDULE

27th May (Wednesday) 3:45 - 5:00

HANNAH CORNELL

SESSION TOPIC

Surrender to the Abyss

Building trust in the darkness and the unknown.

Much of the time, it is fear that drags us down. Let us cultivate unconditional trust so that we can become light and breeze through our experiences.

SCHEDULE

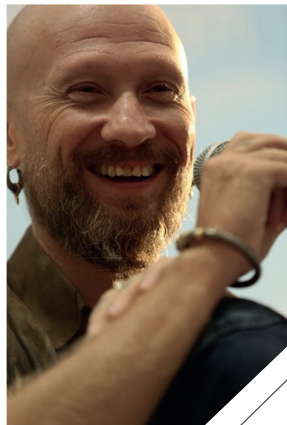
27th May (Wednesday) 3:45 - 5:00



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

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

27th May (Wednesday) 5:30 - 7:00

CONTACT

<https://www.biodynamicbreath.com>



EVANGELIA BAR

SESSION TOPIC

Exploring Freedom

Through this breathwork session we will be exploring the notion of freedom.

SCHEDULE

27th May (Wednesday) 7:30 - 8:45

HOSANNA DE LINARES

SESSION TOPIC

Fire gathering

A transformational journey where our breath is our tool to gather the fire we need in order to wake up our creative energy and allow it to flow out into the world.

SCHEDULE

27th May (Wednesday) 7:30 - 8:45



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/>

@viviaccesalsexlovecoach

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/>

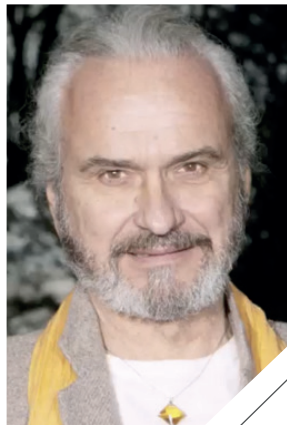
<https://www.facebook.com/lindsaydavis25>



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

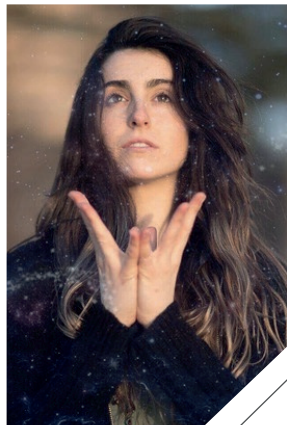
CONTACT

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



LAVINA D'ANJOLELL

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'oponopno 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/