



# ONLINE BREATHCAMP

## PROGRAM

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

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**MONDAY 16<sup>TH</sup> NOVEMBER****9:00am - 9:30am**

LONDON, UK TIME

**Welcome Introduction to BreathCamp**

Anthony Abbagnano &amp; Pablo Castro

**9:30am - 10:45am****Breathe: 2 sessions 2 rooms**

Anuraadha Uboweja

**Whispers of the Breath**

Experience restfulness and deep healing by following the whispers of your breath. When I breathe consciously, I enter a space of trust, vulnerability, honoring, kindness, and intimacy with myself. This allowance of myself as I am is the foundation of Deep Healing. Would you like to be in allowance of you? If yes, let's listen deeply to these whispers of our breath.

Margarita Meier

**I Am...Brave**

These two words "I AM..." are a powerful statement that shows how I see myself and how I see the world around me. The outer world (how I experience it) is a mirror of my inner world. Only through constant observation, I will get aware of this inner dialogue - often not so friendly. Is this the relationship I desire with the most important person in my life (me)? Who do I want to be? What is my impact on the community with every word I speak and every action that I take? Let us breathe into observation, acceptance, bravery, and love.

**10:45am - 11:00am****Breathwork Feedback Circle****11:00am - 11:15am****BREAK****11:15am - 12:30pm****Guest Teacher**

Alison Waring

**Asthma and Dysfunctional Breathing**

In this class you will gain an understanding of the mechanism behind chronic hidden hyperventilation, what it causes, and how to correct it. Learn why nose breathing is so important and how slow breathing can benefit a healthy autonomic nervous system, reduce fight and flight activity, and improve immune function. You will also gain an understanding of how the Buteyko method works & how to use Dynamic Breath Release to rebalance the body during a phase of exhaustion in the fight and flight nervous system, learnt by a practical example.

**12:30 pm - 1:00 pm****Close Class**

**MONDAY 16<sup>TH</sup> NOVEMBER****4:00pm - 4:30pm**

LONDON, UK TIME

**Welcome Introduction to BreathCamp**

Anthony Abbagnano &amp; Emily Ray Henderson

**4:30pm - 5:45pm****Breathe: 2 sessions 2 rooms**

Ariana Rivadenerya

**The Art of Letting Go**

Let's breathe together to see what can transform when we give ourselves permission to let go and trust the breath. Through this surrender, we can create space for what we truly want to experience in our lives. We don't need to have everything under control, sometimes you just need to breathe, trust, let go and watch what happens from a more open space. Let go of what no longer serves you and trust that life is fully supporting you.

Swetlana Boos

**Harvesting Gratitude**

Let's use conscious breath and gratitude as our superpowers to connect to abundance and reap the gifts of our infinite potential.

**5:45pm - 6:00pm****Breathwork Feedback Circle****6:00pm - 6:15pm****BREAK****6:15pm - 7:30pm****Guest Teacher**

Alison Waring

**Asthma and Dysfunctional Breathing**

In this class you will gain an understanding of the mechanism behind chronic hidden hyperventilation, what it causes, and how to correct it. Learn why nose breathing is so important and how slow breathing can benefit a healthy autonomic nervous system, reduce fight and flight activity, and improve immune function. You will also gain an understanding of how the Buteyko method works & how to use Dynamic Breath Release to rebalance the body during a phase of exhaustion in the fight and flight nervous system, learnt by a practical example.

**7:30pm - 8:00pm****Close Class**

## TUESDAY 17<sup>TH</sup> NOVEMBER

9:00am - 9:45am

LONDON, UK TIME

### Mentor Presentation

Pablo Castro

### Surprise Class

9:45am - 11:00am

### Breathe: 1 Session, 1 Room

Sarah Al Samihan & Sean Paul

#### Breathing into Unity

Two breathworkers from opposite sides of the world - brought together by english and a shared experience, will infuse their own culture's language and music to guide us into an exploration of our unity. Arabic. Norwegian. Feminine. Masculine. Meditation. Breathwork. Let's breathe. Together. One breath. One love.

11:00am - 11:15am

### Breathwork Feedback Circle

11:15am - 11:25pm

### BREAK

11:25am - 12:40pm

### Breathe: 2 sessions 2 rooms

Jihyun Choi

#### Discover Your Unique Gift

Each of us has a special gift which was offered to us by nature. In this breathwork journey, Jihyun will guide you into a magical exploration of discovering your own gift by connecting to your authenticity and reclaiming your life. What wants to happen with your unique gift?

Melitka Krizman

#### Give Back To Take More In

Thoughts, feelings, emotions, sensations - what if we could just exhale those we want to be free of? What if there would be new ideas coming into us with each next inhale? A new thought with new air? A new perspective with fresh oxygen? This breathwork session will focus on creating more space for the new by exhaling what does not serve you. You will be given a choice to just breathe and feel all that appears. Create space for the change by simply staying with your breath. The more air you can take, the more you will be able to give back. The more you will be able to give back, the more space you will create to take new in.

12:40pm - 1:00pm

### Breathwork Feedback Circle & Close Class

## TUESDAY 17<sup>TH</sup> NOVEMBER

4:00pm - 4:45pm

LONDON, UK TIME

### Mentor Presentation

Sandra von Paris

#### Body-Centered Transformation and Breathwork

This talk will present an overview of the theory and practice of body-centered transformation (G.&K. Hendricks). It will explain how transformation emerges from shifts in the quality of internal relationships between different elements of the human psyche. A framework of strategies incorporating breathwork will be introduced, which may help achieve such internal shifts and enable lasting change. This shows how breathwork integrates into somatic psychotherapy for personal transformation and development.

4:45pm - 6:00pm

### Breathe: 2 sessions 2 rooms

Rachel Letitia Pfau

#### Who Am I?

Join an exploration to discover who you really are, what lies behind the masks you wear, and the various identities that have been assigned. The body holds the key to increasing self-awareness. We use breath and presence to discover our true nature and return to embodying our wisdom, truth, and shining.

Graham McLean

#### The Gift of Presence

My intention is to be present with compassion, love, and patience to facilitate others moving through emotional blockages. Helping people to step into greater presence, inner freedom and true authenticity is my goal. I am honored to be part of the healing path.

6:00pm - 6:15pm

### Breathwork Feedback Circle

6:15pm - 6:25pm

### BREAK

## TUESDAY 17<sup>TH</sup> NOVEMBER

6:25pm - 7:40pm

LONDON, UK TIME

### Breathe: 2 sessions 2 rooms

Iain Wright

#### All You Need is Love

In the famous words of the Beatles. Let's go on a journey of forgiveness, freedom, kindness, and find love both for yourself and others. Through the breath, you can give yourself the compassion you may be missing by opening channels that may be blocked off. Do you not owe it to yourself? Let's breathe in love and exhale fear, together let's make a difference.

Delroy Platt

#### Heaven and Hell

I found my freedom in prison. I found out that Heaven and Hell were a mindset; the aim of the session is to help guide people to find their inner freedom.

7:40pm - 8:00pm

### Breathwork Feedback Circle & Close Class

## WEDNESDAY 18<sup>TH</sup> NOVEMBER

9:00am - 10:00am

LONDON, UK TIME

### Mentor Presentation

Michelle Well

### Energy Management

Offering simple "Wheels of Life" from Shamanic traditions Michelle has studied the vast subject of energy management: energy blocks, energy hygiene and energy replenishment can all be taken away and used as a basis for growth into maturity, freedom, free will, and autonomy with more ease. These are not only practicable tools for ourselves as people and professionals but can bring about ease of growth to all we are connecting with in life. In Lak'ech Ala K'in

10:00am - 11:15am

### Breathe: 2 sessions 2 rooms

Ru MacKenzie

#### Inner Guidance

This session will be all about tuning into your inner guidance and living from your heart.

Jacynthe Cote

#### Fear Is Your Greatest Teacher

Be curious about your fears. They have important messages for you. Avoiding them doesn't make them go away, they always follow you around in your back pocket. When you face them and feel them they become smaller and smaller, and eventually they disappear. Diving into your fear teaches you so much about yourself!! Together, in a safe space, let's feel and breathe our fears and listen to what they have to say.

11:15am - 11:30am

### Breathwork Feedback Circle

11:30am - 11:45am

### BREAK

## WEDNESDAY 18<sup>TH</sup> NOVEMBER

11:45am - 12:45pm

LONDON, UK TIME

### Mentor Presentation

Sofia Livingstone and Ardhan Swatridge

### Breathwork and Psycho-Spiritual Techniques As Wonderful Healing Companions

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? We will explore these topics and more in this special presentation.

12:45pm - 1:00pm

### Close Class

4:00 pm - 5:00 pm

### Mentor Presentation

Christine Shepherd

### Living Fully Beyond the Practice

How can your lifestyle compliment your breathwork practice and inner healing? This is an hour presentation discussing how we can go beyond the breath journeys and practices and have a lifestyle that is in alignment. I will be discussing Diet, Movement, and Connection and will touch on many ways we can live full, nourishing lives.

5:00pm - 6:15pm

### Breathe: 2 sessions 2 rooms

Claire Frances

### Awakening Your Heart

Taking the nourishing journey back to your heart, where you can feel, trust, and surrender to the NOW. This session will support you in tapping into the deep, sacred intelligence of your body. You can dance in euphoric realms, feel deeply connected to your higher self, remember ancient wisdom, connect to your creative power, and feel great peace and joy as we surrender to awakening our hearts together with our breath as our guide.

Samantha Rosso

### Breathwork For Your Intuition

This Breathwork session will guide you back home to your true essence; your soul. Through the breath, we find a connection to ourselves, to our body, to our thoughts, feelings, and all of our senses. In this session you will find clarity in a particular area of your life, you will learn to receive guidance from your soul and find truth and thus trust more in your own, inner wisdom.



## WEDNESDAY 18<sup>TH</sup> NOVEMBER

6:15pm - 6:30pm

LONDON, UK TIME

### Breathwork Feedback Circle

6:30pm - 6:45pm

### BREAK

6:45pm - 7:45pm

### Mentor Presentation

Sofia Livingstone and Ardhan Swatridge

### Breathwork and Psycho-Spiritual Techniques As Wonderful Healing Companions

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? We will explore these topics and more in this special presentation.

7:45pm - 8:00pm

### Close Class

**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 - 7:45 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

### Breathwork Feedback Circle for Both 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/>

## GUEST TEACHER

### Alison Waring

Having been taught that the body was self-healing, Alison questioned why the allergic asthma she suffered remained even though she had a healthy diet and generally looked after herself. Studying Osteopathy, Naturopathy, and Hypnotherapy all helped. The Buteyko method held the final piece of the jigsaw. Having overcome an asthma attack in 3 minutes using a technique she blended from yogic breathing and the Buteyko method she went on to create Dynamic Breath Release and write her book *Breathe with Ease*. She now teaches Buteyko and Rebirthing breathwork. She is a lifelong student and teacher of natural living and breathwork.



### SESSION TOPIC

#### **Asthma and Dysfunctional Breathing**

In this class you will gain an understanding of the mechanism behind chronic hidden hyperventilation, what it causes, and how to correct it. Learn why nose breathing is so important and how slow breathing can benefit a healthy autonomic nervous system, reduce fight and flight activity, and improve immune function. You will also gain an understanding of how the Buteyko method works & how to use Dynamic Breath Release to rebalance the body during a phase of exhaustion in the fight and flight nervous system, learnt by a practical example.

### SCHEDULE

Monday, November 16th

11:15 am - 12:30 pm UK time; and 6:15 pm - 7:30 pm UK time

### CONTACT

[alison@yorknaturalhealth.co.uk](mailto:alison@yorknaturalhealth.co.uk)

[breathewithease.co.uk](http://breathewithease.co.uk)

[yorknaturalhealth.co.uk](http://yorknaturalhealth.co.uk)

Facebook: [BreatheWithEase/](#)

## MENTOR

### Sandra von Paris

Passionate about learning, Sandra integrates somatic transformational coaching and breathwork. Training as a breathwork facilitator with the Alchemy of Breath was a turning point for her personal development and challenged her previous world view. Sandra is a psychologist and has a PhD in applied mathematics.



### SESSION TOPIC

#### Body-Centered Transformation and Breathwork

This talk will present an overview of the theory and practice of body-centered transformation (G.&K. Hendricks). It will explain how transformation emerges from shifts in the quality of internal relationships between different elements of the human psyche. A framework of strategies incorporating breathwork will be introduced, which may help achieve such internal shifts and enable lasting change. This shows how breathwork integrates into somatic psychotherapy for personal transformation and development.

### SCHEDULE

Tuesday, November 17th  
4:00 pm - 4:45 pm UK time

### CONTACT

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

## MENTOR

### Michelle Well

Michelle has been driven all of her life to find solutions to suffering. Afflicted with ME/cfs in acute and chronic phases, she has battled to have quality of life and to be 'valid' in her contributions to 'good cause', working as a healer, teacher, and therapist over 3 decades. During her training as a facilitator and practitioner with the Alchemy of Breath she has realized that her condition is not to be healed but accepted, in its constraints, and it is by this acceptance that she can manage her condition and improve her quality of life: the paradox of healing. From this empowered position she is finding that she can alleviate her symptoms and apply all the wisdom she has gained in her vast life experience. From this position, she can now share that wisdom. It is a new beginning, a rebirth.



### SESSION TOPIC

#### Energy Management

Offering simple "Wheels of Life" from Shamanic traditions Michelle has studied the vast subject of energy management: energy blocks, energy hygiene and energy replenishment can all be taken away and used as a basis for growth into maturity, freedom, free will, and autonomy with more ease. These are not only practicable tools for ourselves as people and professionals but can bring about ease of growth to all we are connecting with in life. In Lak'ech Ala K'in

### SCHEDULE

Wednesday, November 18th  
9:00 am - 10:00 am UK time

### CONTACT

Michelle Well Sacred Rebels Community

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

## 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

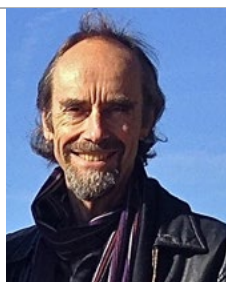
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www.saty-vita.net



## 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**

Email: [ardhan@swatridge.net](mailto:ardhan@swatridge.net)  
website: <https://swatridge.net>  
Blog: <https://innerventures.net>  
FB: Ardhan Swatridge

 **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**

Wednesday, November 18th  
11:45 am - 12:45 pm UK time and 6:45 pm - 7:45 pm UK time

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

## MENTOR

### Christine Shepherd

Christine completed the T10 training and is a mentor for the current T13 class. She got introduced to AOB through one of Anthony's workshops in London and has since moved back to Canada and lives on Salt Spring Island. Christine works for Alchemy of Breath, offers weekly breathwork sessions to her community and runs a small organic food company.



### SESSION TOPIC

#### Living Fully Beyond the Practice

How can your lifestyle compliment your breathwork practice and inner healing? This is a 45-minute presentation discussing how we can go beyond the breath journeys and practices and have a lifestyle that is in alignment. I will be discussing Diet, Movement, and Connection and will touch on many ways we can live full, nourishing lives.

I love breathwork for taking my attention inward, feeling feelings, releasing energy and emotions, spending intimate time with myself, healing wounds, and for connecting with my heart and soul. For years I have been driven to feel my best and show up as my best self and in this presentation, I will be highlighting some of my learnings around lifestyle, particularly on living a full and nourishing life. Breathwork is a beautiful tool and practice, but I have found it most helpful as part of a balanced lifestyle. Having a complimentary diet, regular physical movement, and connection with others allows the benefits of breathwork to be fully integrated and felt. Our diets play a huge role in how we feel and I will be discussing nutrition, gut health, cleansing, fasting and mindful eating. Our bodies are meant to move and I will touch on different forms of movement such as ecstatic dance, forest bathing, yoga, and HIIT. Lastly, I will discuss the importance of connection and ways we can cultivate that through gatherings, circles, ceremony, and women/men circles.

### SCHEDULE

Wednesday, November 18th  
4:00 pm - 5:00 pm UK time

### CONTACT

[christine@livepowwafully.com](mailto:christine@livepowwafully.com)  
[www.livepowwafully.com](http://www.livepowwafully.com)  
Instagram: @steenshep

## 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

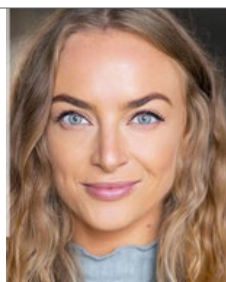
### CONTACT

sramseylmt@gmail.com  
sramseylmt@gmail.com  
www.heartbreath.co  
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

[contact@soundsoulbreath.com](mailto:contact@soundsoulbreath.com)  
[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.

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!

### SCHEDULE

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

### CONTACT

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## 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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