

COUPLES RE-CONNECT BREATHWORK

COACH
MARY M'



One-To-One

COUPLES RE-CONNECTION

—online and in-person session—

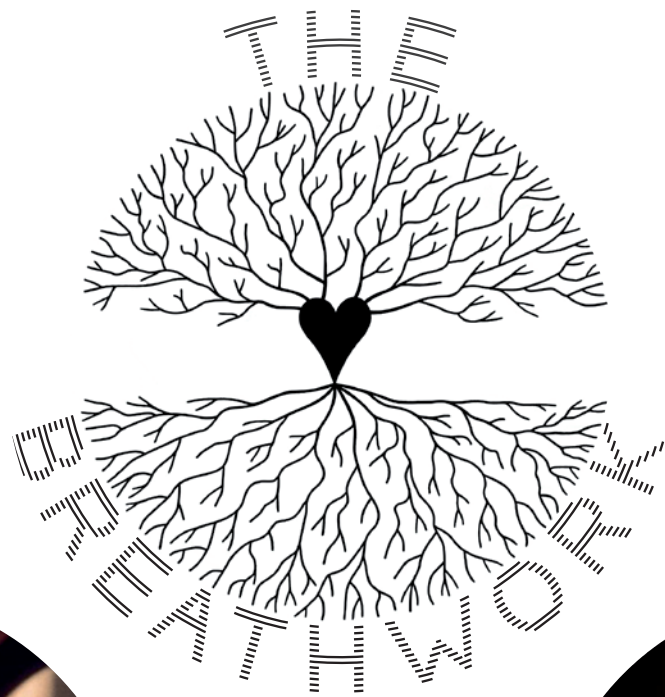
The COUPLES RE-CONNECTION SESSION is **designed for couples** who lost the sense of connection. It also has very beneficial impacts on any **two family members** or **friends seeking reconciliation** or want to positively impact their bond.

The session is bespoke for each couple, combining the power of Breathwork and music, to stimulate emotional, mental and physical states.

The balance which the experiences and practices the Couples Re-Connection offer, create an open state of mind to encourage bonding, empathy, openness and vulnerability.

Every Journey is unique, with a different experience to inspire connection and invite deeper co-regulation and conversation into your relationship.

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online



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About this Session

A 90 minutes One-To-One session from the comfort of your home on Zoom, or in person if you are located in Ottawa, Canada. [In-person \(check availabilities\) if you are from Ottawa, Canada.](#)

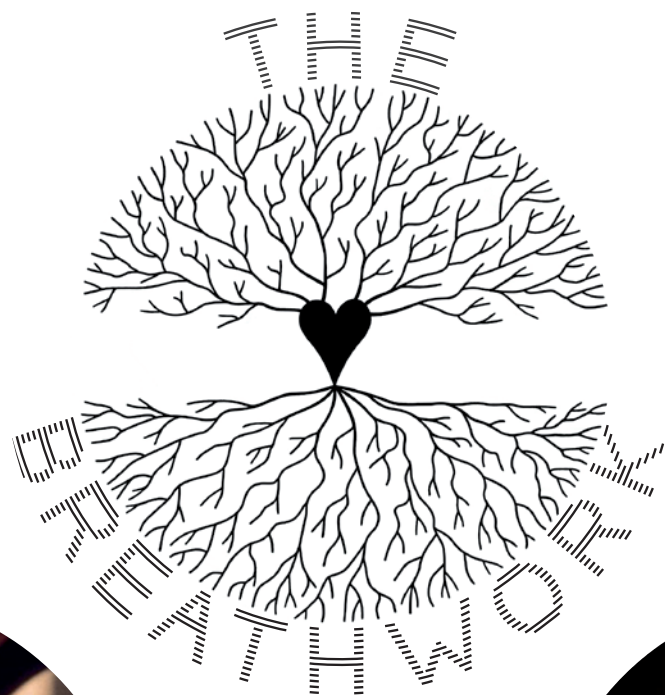
Customized Breathing Sessions based on Conscious Connected Breathing.

A judgement free, private and safe experience, encouraging deep self connection.

In a private session, I have the ability to work only with you on a specific opportunity or need that you have. This allows me to focus my guidance on you, as you navigate through your negative emotions and traumas that have impacted you through out your life.

During these dynamic breathing techniques you will access a profound state of awareness using your own breath, movement and sound. This state provides the right platform to clear out your emotional, mental and physical blockages.

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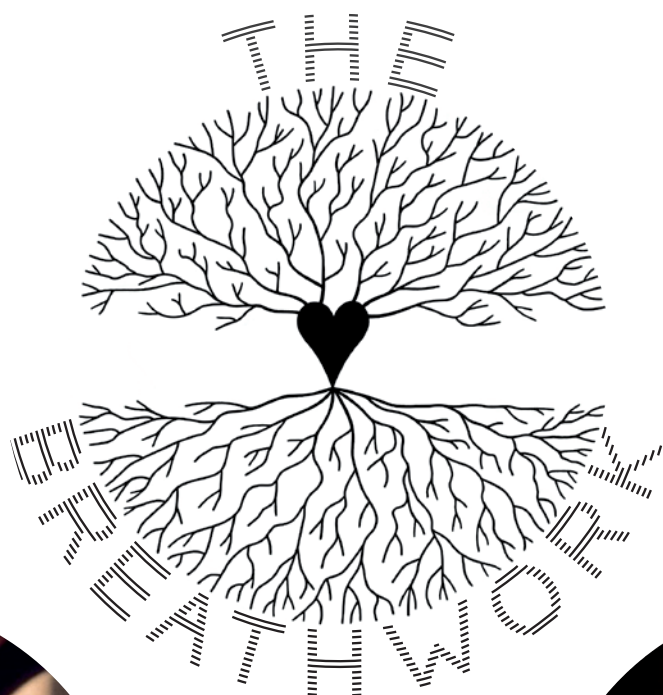
What to expect

- We'll start our session with an introduction, setting intentions and goals ; and creating a safe space for you to open up.
- We'll learn and go into more details about the breathing technique.
- Introduction session is around 30 minutes, followed by a 45 minutes active breathwork practice.
- I will guide you through the session creating a safe space where you can let go and express your self.
- The breathing session will be followed by a visualization and time to integrate your experience.
- We'll be closing the session sharing our experience and Q & A.

Expectations

Every Re-Connect Breathwork Session is different and it is the best to keep an open mind, trust the process, keep breathing and be part of the transformation.

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What you might experience

- Changes in body temperatures
- Tingling / numbness sensations in limbs
- Emotional release manifesting through laughter, crying,
- deep relaxation, euphoria

Benefits

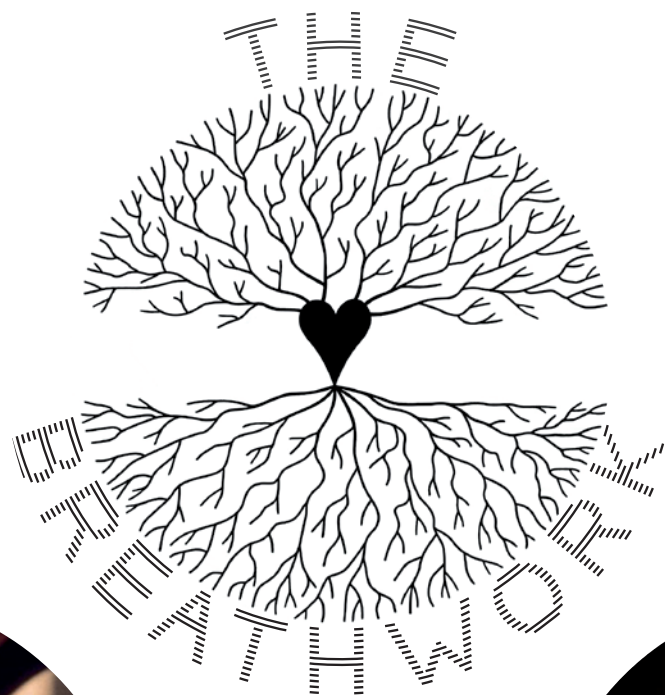
- Reduces anxiety and stress
- Resets your nervous system
- Access an elevated sense of clarity, self-acceptance & self- love
- Slows down a racing mind and promoting inner peace
- Increases energy levels
- Better sleep quality

Note

Re-Connect Breathwork Sessions are suitable for beginners and experienced breathers.

IMPORTANT : In you feel unsettled and feel unusual discomfort please contact me if necessary to connect and support you.

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Contraindications*

Even though Transformational Breathwork is a safe and powerful practice may not be for you if you have the following conditions :

- Cardiovascular problems
- History of aneurysms
- Bipolar depression
- Osteoporosis
- Glaucoma
- Severe psychiatric symptoms-particularly psychosis or paranoia
- Any person with mental illness who isn't in treatment or lacks adequate support
- Anyone experiencing an emotional or spiritual crisis
- High or abnormal blood pressure
- Epilepsy or history of seizures
- Anyone on heavy medication
- Recent surgery
- Pregnancy

This list is not all inclusive and we generally recommend if you have a question about a condition you may have that is not listed, that you consult a physician before beginning breathwork. If you have or have had any of the listed conditions, we strongly recommend you consult a physician before beginning breathwork.

**By signing up, you acknowledge that you have read the above warning and agree to move forward at your own risk.*

[LEARN MORE > pages 5/5](#)