

GROUP RE-CONNECT BREATHWORK

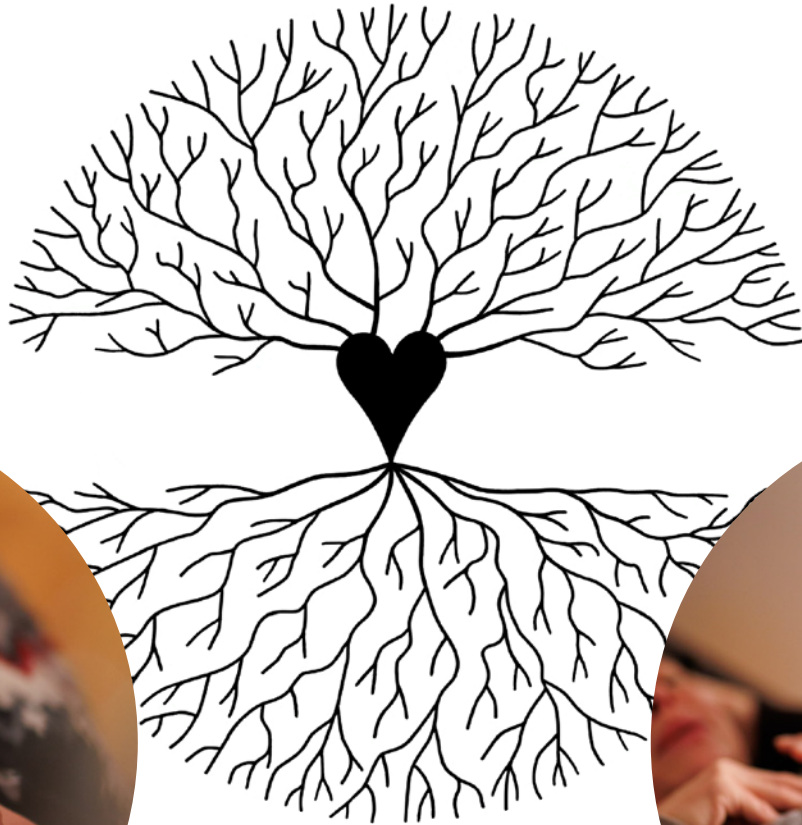
During our Re-Connect Breathwork Session I will guide you into non-ordinary state of consciousness accessing suppressed emotions and traumas where you can feel, heal and re-connect with your true power.

A 90 minutes therapeutic healing session with active breathing, meditation and music.

online



in-person



MARY M' COACH

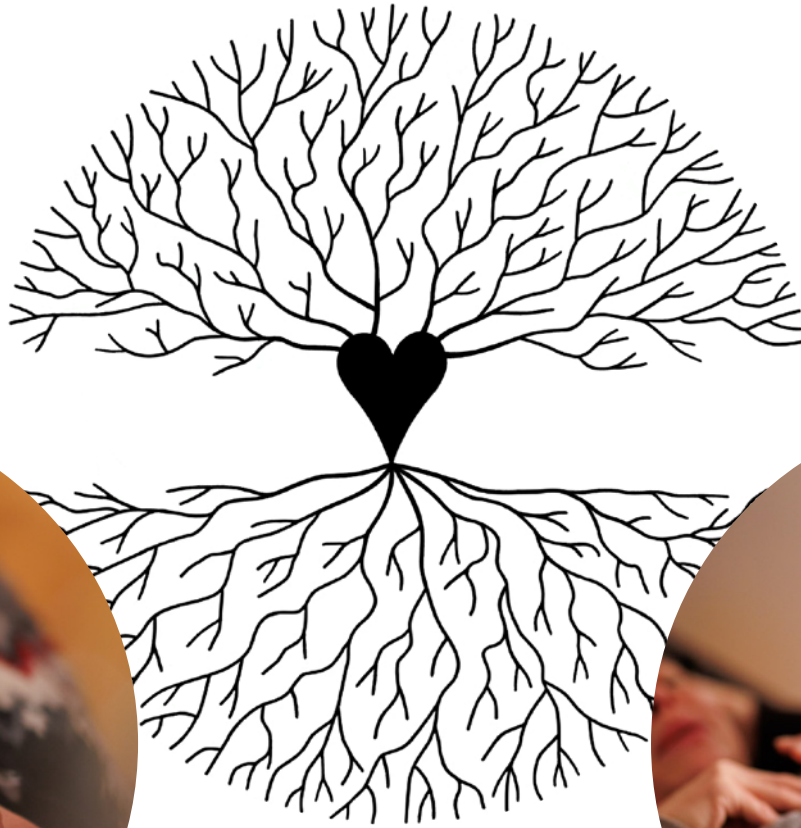
Breathe deep into the subconscious mind to transform and release years of suppressed emotions.

During this dynamic breathing techniques you will access a profound state of awareness using your own breath, sound and movement where you will be able to clear out your mental, emotions and physical blockages.

You will be able to bring up where you feel stuck, what you want to call into your life and I will guide you during this session creating a safe place for you to open up, to let go, be seen and feel held.

GROUP RE-CONNECT BREATHWORK

“My intention is to help you let go of whatever it is that’s holding you back in any way in your life.”



online



in-person



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session

session

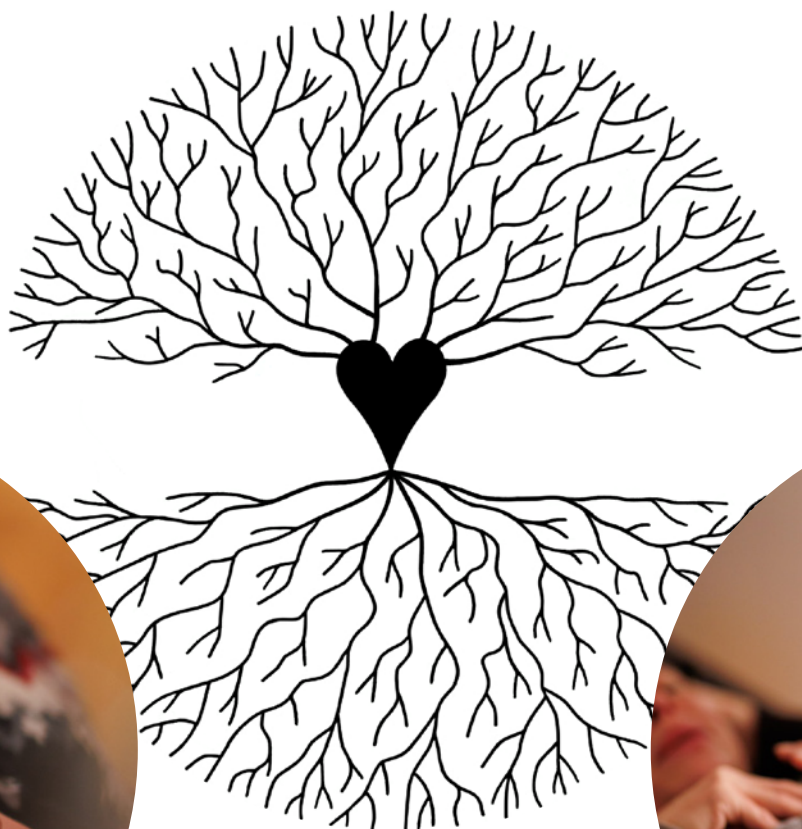
About this Session

- A 90 minutes online / in-person group session (30 min. introduction, 45-50 min. breathing and integration / closing session) session is from the comfort of your home on Zoom.
- 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.
- I will take you on a breathing journey, guiding you in accessing your subconscious mind to transform and release years of suppressed emotions.
- 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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GROUP RE-CONNECT BREATHWORK

Trust the process keep breathing and be part
of the transformation.



online

in-person



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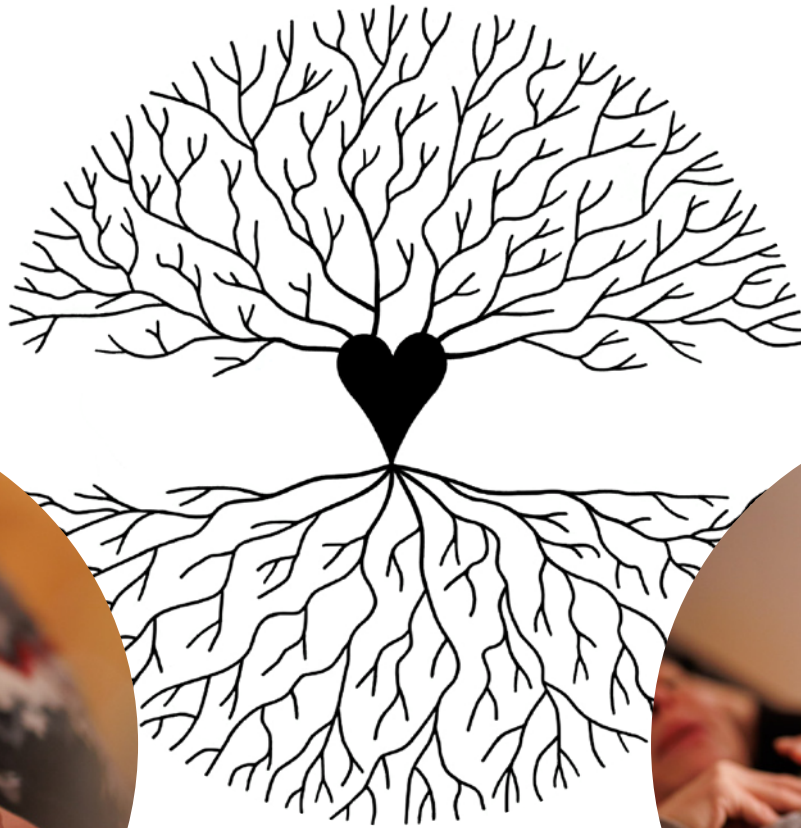
session

session

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.
- A 30 minutes introduction, 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.

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online



in-person



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session

session

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

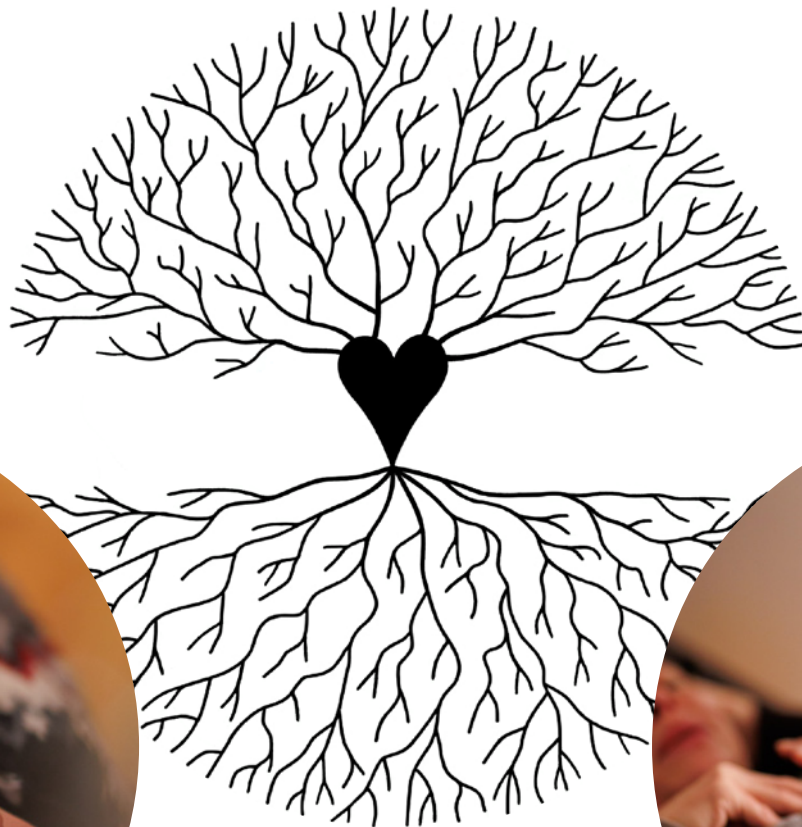
Note

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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online



in-person



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session

Contraindications*

session

Transformational Breathwork is a safe, yet powerful practice which involves hyperventilation techniques, and 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.*

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