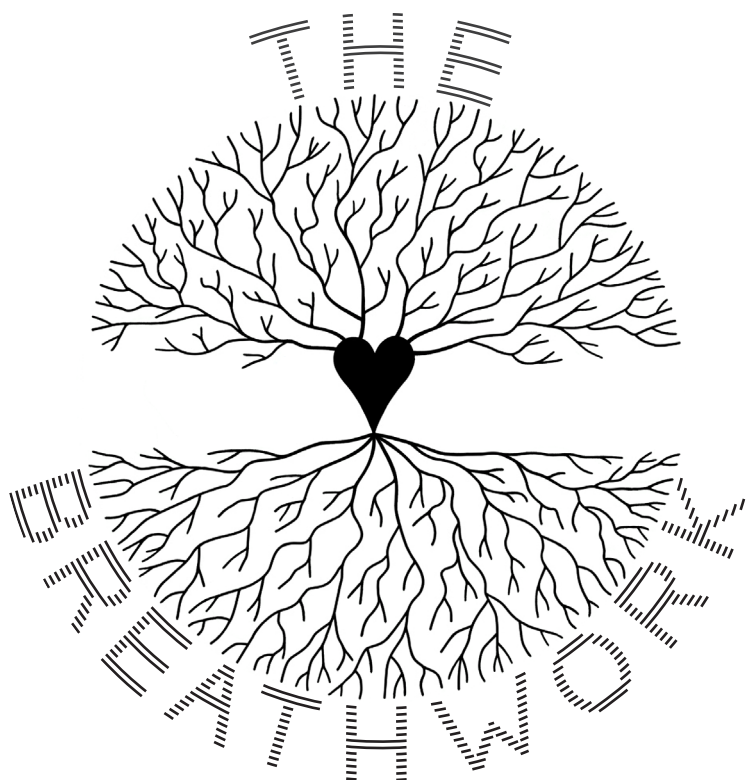


RE-CONNECT BREATHWORK SESSIONS



HOW TO PREPARE

—online and in-person session—

If you like to join one of our Re-Connect Breathwork Sessions please read the following informations specially if you are a first timer.

- Dont eat a big meal before your Re-Connect Breathwork Session.
After having a big meal all our internal energy is focus on digestion and we'll not be able to experience at maximum the power of the session.
- Find a safe and quiet space where you will not be disturbed for the next 90 minutes.
- The session should be done lying down on a yoga mat or on a bed but make sure you have enough space around you in case you move during session.
- Have a blanket near you because during breath-work you might experience drops in body temperature.
- Have a spare pillow next to you for our "scream" release.
- If you feel comfortable use a sleeping mask, strongly recommended helping you to drop more deeply into the process.
- Use headphones for a better and deeper experience and make sure you have a good internet connection.
- No drugs and alcohol.

Please don't mix drugs and / or alcohol with breath-work. Re-Connect Breathwork is a powerful experience to go within. Substance usage prior to taking this journey will negatively impact your experience.