*Transformational Breathwork*

**(How to Prepare & What to Expect)**

*Before Session:*

* Review this worksheet
* Check your calendar to make sure you don’t have anything immediately planned following your breathwork session

*Session Preparation:*

* Eat something light and healthy no less than 60-minutes prior to our session
* Wear comfortable/loose fitting clothing
* Use the bathroom prior to session
* Create a space where you won’t be disturbed/put a note on the door
* Silence phone
* Turn down lights
* You will be laying on the floor for most of the session – I recommend laying a blanket down on the floor to lay on, and having an extra blanket nearby in case you get cold during the session
  + If we’re meeting in person, the space will already be set up for you
  + It is recommended that you don’t use a pillow under your head, but you may use a light scarf to pad against the hardness of the floor.
* *Optional items to have nearby –*
  + Tissues, water, note pad or journal, pen

*During Session/Structure of Session:*

* I’ll offer a few minutes of breathwork instruction, and from there I’ll invite you to share your intention for the session with me. **Coming in with an intention for the session is invaluable as it helps to focus our time and create a strong container for us to go deep.**
* Next, I’ll offer us a guided meditation to support us in grounding in together and becoming more present and centered.
* When you’re ready, I’ll instruct you to lay down and get comfortable – the breathwork portion of our time lasts around 45-minutes
* We’ll spend a few minutes adjusting to this new way of breathing (i.e. intentional, fluid breath in through the mouth and out through the mouth)
  + The purpose of transformational breathwork is not to relax (although you may begin to find it relaxing), but instead to activate and awaken stored beliefs, emotions, hurts, pains that can become loosened, dislodged, dissolved, and transformed through your very own breath
* I’ll check in with you throughout the session to see what’s coming up for you – and I may ask guiding questions as needed
* I’ll also be using a pendulum that helps me track how your energy is moving through your energy centers (chakra system)
* The experience is very organic and intuitive in nature, as we track the ebb and flow of your energy shifting, blockages being tended to and released, and emotions that may be needing loving support and healing
* Everybody’s experience is very different – no two breathwork sessions are alike
* Please plan for our time together being 75-90 minutes – with time to settle in, time for breathwork, and time for processing after
* We’ll then bring the session to a thoughtful and loving close

*Post Session:*

* Review “Aftercare” worksheet
* Take some time to journal, if desired
* Give yourself some time to decompress

*\*\*(Please know that I have a lot of integrity for this work and fully respect your experience. This is a safe place for you to express whatever needs to be expressed, and to allow whatever may come up for you during our time together. Our time together is 100% confidential.)\*\**