

Meet Your Coach



Patrick Matta is an Accredited Senior Coach, a Certified NLP Practitioner, an International Accredited Trainer, and a Certified Transformational BREATHWORK Coach.

He is passionate about personal development and transformation.

Patrick is a senior expert with over 30 years experience in the IT field, leading international teams and securing several awards and he is now committed to making personal growth accessible to everyone by leveraging his own experience and different state of the art modalities.

Patrick leads transformational workshops and life-changing retreats, with a mission to impact many people and ignite change in their lives.

I assist you to change
your life & celebrate
the real you.

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Ready to experience the power of
Transformational BREATHWORK
for yourself ?

Book A session Now



https://linktr.ee/Patrick_matta

TRANSFORM
YOUR LIFE
WITH
BREATHWORK

Breathe With

Patrick Matta

WHAT IS BREATHWORK

We all know how to breathe - we have been doing it all our lives.

But Breathing is more than a physical requirement to live.

Breathwork as a healing modality is about bringing awareness to how we breathe and then using different techniques to bring about different outcomes.

Some of these results may be physical health or wellbeing, emotional balance or healing, mental clarity, increased creativity, or personal growth and transformation.

This is truly an amazing practice, and it really has to be experienced first hand!

SERVICES

Breath Coaching Sessions

Learn how to breathe effectively and efficiently to improve your overall health and wellbeing.

This includes:

- Intake and Assessment
- Education
- Techniques & Exercises
- Practice & Feedback
- Integration & Follow-up

Regenerative Breathwork Sessions

These sessions typically involve a slower, more intentional breath pattern that can help activate the parasympathetic nervous system (PNS), also known as the "rest and digest" response. They Reduce stress, increase relaxation, and promote physical and emotional healing through intentional breathing practices.

PACKAGE - 1

Introduction to Breath Awareness

This program is designed for beginners and focuses on building awareness of the breath. It includes guided breathwork sessions, breathing exercises, and techniques to develop mindfulness and presence.

PACKAGE - 2

Breathwork for Trauma Healing

This program is specifically designed for individuals seeking healing from trauma.

It incorporates gentle and supportive breathwork techniques, somatic awareness exercises, and tools for self-regulation to promote trauma release and resilience.

PACKAGE - 3

BREATHWORK for Emotional Healing & Release

This program focuses on using breathwork to explore and release emotions. It includes breathwork sessions to access and process deep-seated emotions, techniques for emotional regulation, and guidance on integrating emotional healing into daily life.

PACKAGE - 4

Transformational BREATHWORK Workshop

This intensive program offers an immersive experience of transformational breathwork. It includes multiple breathwork sessions, movement, and guided introspection to support deep healing, personal growth, and spiritual exploration.

TRANSFORMATIONAL BREATHWORK

Transformational Breathwork is a holistic and experiential practice that involves deep, conscious breathing techniques to help individuals connect with their emotions, release physical and emotional blockages, and promote overall wellness.

It combines elements of meditation, coaching, and sound therapy to create a safe and supportive environment for individuals to explore and transform their inner selves.

WHAT IS 9D BREATHWORK

- 9D Multi-Dimensional Sound Experience
- Binaural Brain Entrainment
- Isochronic Brainwave Tones
- Solfeggio Frequencies
- 432Hz Harmonic Tuning
- Somatic Breathwork
- Subliminal Hypnotic Therapy
- Guided Vocal Coaching
- Bioacoustic Sound Effects

SERVICES - CONT

Transformative Breathwork Sessions

Using conscious Connected breathing techniques and 9D technology, individuals explore and release emotional blocks, trauma, and limiting beliefs.

This type of sessions can be transformative, allowing individuals to access deep parts of themselves and experience profound shifts in their thoughts, emotions, and behaviors.