



BREATHE & SHINE

RELEASE * HEAL * TRANSFORM

You'll be immersed and guided in a mind-altering, revolutionary breathwork session powered by sound, music, vibrations, binaural beats, subliminal messaging, and meditative reprogramming.

Our session will last approximately 2-2.5 hours, beginning with an introduction to 9D breathwork, followed by the breathwork journey and closing with a voluntary group integration conversation.

Eye masks, yoga mats, blankets, 9D headsets, and all you need to be comfortable during your journey will be provided. Comfortable non-restrictive clothing and a water bottle are recommended. A light meal or small snack beforehand is best rather than arriving with a full belly.

No previous breathwork experience is required. We will guide you through all you need to be ready for the session.

9D breathwork is a completely safe and transformative practice. You may experience emotional, physical, and mental release both during and after your session. Some 9D breathwork journeys offer an opportunity to release an audible primal scream during the session, a chance to release and heal on an even deeper level.

Most importantly, we are here to guide you and hold space along the way and invite you to lean in, go deep, and get the most out of your session.

As this practice does involve deep somatic breathwork and breath holds for an extended period of time, those who have high or low blood pressure, a history of seizures or epilepsy, are taking heavy medications, have severe mental conditions, have had recent surgery, or women who are pregnant are recommended to perform a nasal form of breathing or to seek prior approval from your physician to perform somatic breathwork.