



9D BREATHWORK PARTICIPANT INFORMATION

Welcome to your transformation.

Whether this is your first time or you're coming back for more, this guide will prepare you for your 9D Breathwork journey—a deep dive into body, mind, and soul.

WHAT IS 9D BREATHWORK?

9D Breathwork is a cutting-edge somatic healing experience using guided breath patterns, soundscapes, and neuro-acoustic frequencies. It helps access your subconscious, release stored emotions, and reset your nervous system—all through the power of your breath.

WHAT TO EXPECT

This isn't just relaxation. It's transformation. Each session is designed to:

- Tap into subconscious patterns
- Release trapped emotions and energy
- Clear trauma—both personal and generational
- Unlock emotional freedom and resilience

Expect **a full-body, full-system reset**. You might laugh, cry, shake, scream, or feel deeply peaceful. Every experience is unique and perfect.

PHYSICAL, MENTAL & EMOTIONAL PREP

Mentally: You may face memories, fears, or flashes of the past. Stay with it. Use your breath to navigate.

Physically: You might feel tingling, heat, lightness, or tetany (claw-like hands). This is temporary and safe.

Emotionally: You may experience deep releases. Crying, yelling, or laughing is welcome. You're safe to feel it all.

⚠️ CONTRAINDICATIONS

While this practice is safe, please alert us if you have:

- Heart disease or arrhythmia
- Chronic lung conditions (e.g. COPD, asthma)
- Epilepsy or seizure history
- Severe mental illness (e.g. schizophrenia, psychosis)
- Pregnancy
- Osteoporosis
- Recent surgeries
- Use of heavy medications (opioids, antipsychotics, etc.)

We offer **gentle modifications** so you can still participate safely.

🧘 SELF-MODULATION: YOU'RE IN CONTROL

You're always in the driver's seat:

- Slow down = brake
- Go deeper = gas
- Need a moment = pause

If it's too intense, breathe slower, switch to nose-breathing, or take a "reset breath", slow, deep, and gentle into the belly. Your body knows what it needs.

SAFETY FIRST

- This is a **safe, controlled** environment.
 - You have a **100% survival rate** of everything you've ever faced—this session is no different.
 - If something feels off, **slow your breath** or raise your hand—we're here with you.
 - Mantra: *"I am safe. I am safe. I am safe."*
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TECHNIQUE INSTRUCTIONS

Main breath:

2-part active inhale (belly → chest) + relaxed exhale (mouth or nose)

Hand on belly + hand on chest helps guide expansion. Exhales are totally passive—just let it fall away.


Depth is more important than speed!

Don't overthink it. Just breathe deeply and consistently.

EQUIPMENT & PREPARATION

- **Headphones:** For in-person sessions, 9D headphones are provided by us. For zoom sessions, use noise cancelling headphones. If you don't have any, get a pair at your local Best Buy or Walgreens (\$35-\$90) or get a pair on Amazon. We have these ones: [Amazon.com: JBL Tune 720BT - Wireless Over-Ear Headphones with JBL Pure Bass Sound, Bluetooth 5.3, Up to 76H Battery Life and Speed Charge, Lightweight, Comfortable and Foldable Design \(Black\) : Electronics](#)
- **Eye Mask:** may help eliminate distractions. We have this comfortable one: [Amazon.com: Weighted Eye Mask for Sleeping - Blackout Sleep Mask for Women Men, FACEMOON Lash Extension Eye Covers, Memory Foam, 3D Contoured, Airplane Travel Essentials, Blindfold for Meditation\(Gray\) : Health & Household](#)
- **Yoga mat, pillow, blanket,** socks (to keep feet warm), and pillow or bolster for under knees.
- **Water bottle, chap stick** (your lips will get dry doing intense breathwork)
- **Computer or Laptop (NO smartphone !!!)** (ONLY for zoom sessions).

🎵 "We're about to dive into some powerful audio work together — and I want you to hear every beat, breath, and breakthrough in full clarity."

 Zoom works great on all devices, but to hear the music the way it's meant to be heard — in rich, immersive stereo — here's the best way to listen:

- ✅ Use headphones
- ✅ Join from a computer or laptop (instead of a phone)
- ✅ Turn on 'Original Sound for Musicians' if prompted





Optimize Your Audio Experience

✅ Best Audio	❌ Risk of Poor Audio
Headphones	Phone speaker or car Bluetooth
Laptop/Desktop	Zoom mobile app
Original Sound ON	“Use device audio” only

Phones tend to compress or flatten audio, especially music — so if you're using Zoom on your phone, the sound might feel a bit off and/ or hollow.

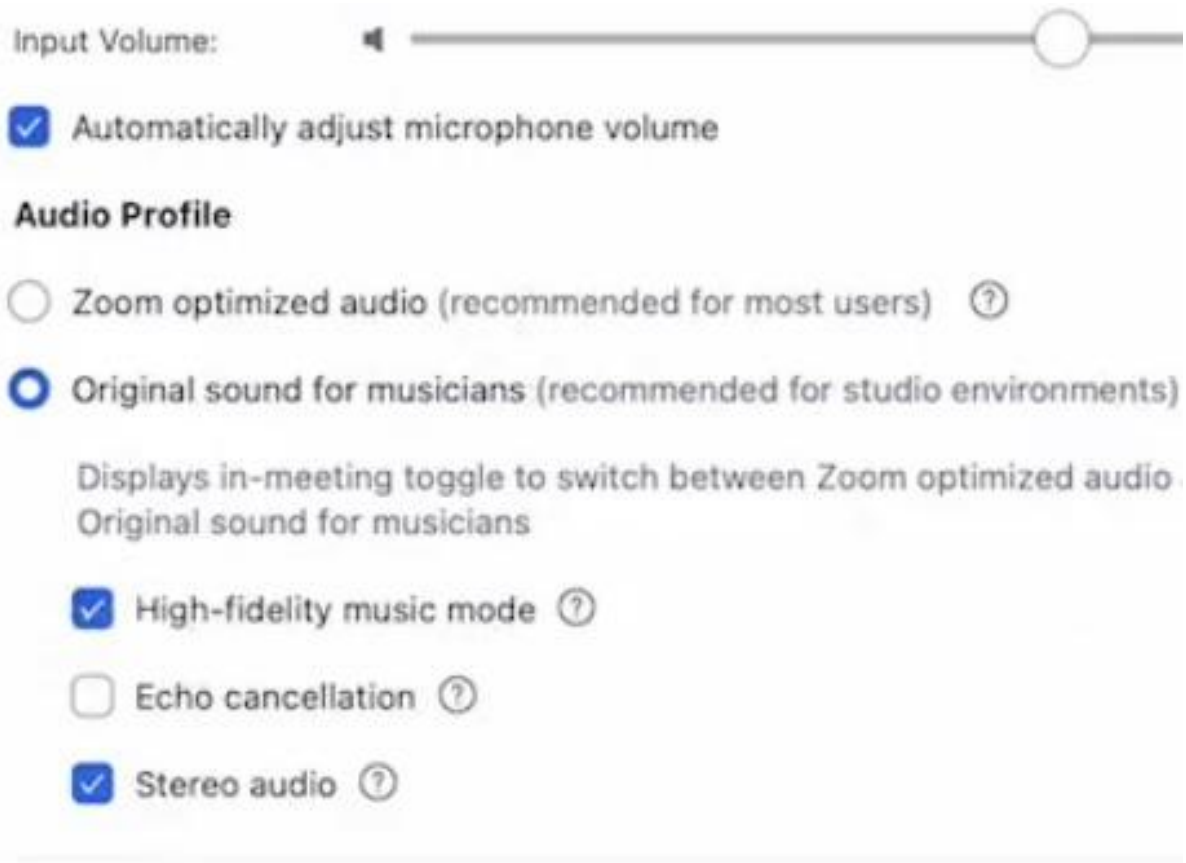
WHY STEREO AUDIO SOUNDS BAD ON PHONES

Zoom **limits audio quality on mobile devices** due to:

Issue	Effect
 No stereo support	Mobile Zoom apps force mono audio
 Aggressive compression	Music gets squashed and hollow
 No high-fidelity mode	Mobile doesn't support “Original Sound for Musicians”
 Tiny phone speakers or mismatched Bluetooth codecs	Causes distortion or poor playback

AUDIO OPTIMIZATION (only for Zoom sessions)

Zoom: to optimize your audio on your end, go to Zoom preferences, click audio, UN-check 'zoom optimized audio' and check 'original sound for musicians'. Underneath, check 'High-fidelity music mode' and 'Stereo audio'. UN-check 'Echo cancellation' (our journey utilizes echo sounds!).



The image shows a portion of the Zoom application's audio settings window. At the top, there is a slider for 'Input Volume' with a speaker icon on the left and a circular knob on the right. Below this is a checked checkbox labeled 'Automatically adjust microphone volume'. The section is titled 'Audio Profile' in bold. There are two radio button options: 'Zoom optimized audio (recommended for most users)' which is unselected, and 'Original sound for musicians (recommended for studio environments)' which is selected. Below these options is a text label: 'Displays in-meeting toggle to switch between Zoom optimized audio' and 'Original sound for musicians'. Further down are three more checkboxes: 'High-fidelity music mode' (checked), 'Echo cancellation' (unchecked), and 'Stereo audio' (checked). Each checkbox has a small question mark icon to its right.

Coaching: Most guidance comes through headphones. If in person, we may offer gentle physical cues or direct whispers if needed.

BODYWORK PERMISSION (in person sessions only)

During your session, facilitators may offer supportive touch (e.g., hand on shoulder or belly).

If you **do not wish to be touched**, let us know before or during the session—totally respected.

THE JOURNEY ARC

Every 9D session is a guided experience with:

1. **Ramp-up:** Music and breath guide you into deep states.
 2. **Scream release:** Midway, you'll be cued to inhale, hold, squeeze—and scream. This is your **liberation moment**. Don't hold back.
 3. **Integration:** The last phase grounds you, bringing peace and closure.
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LET GO OF EXPECTATIONS

Every session is different. Some feel fireworks. Others feel calm.

Don't chase a result—**trust the process**. Whatever happens is exactly what your body needs today.

LEAN INTO THE DISCOMFORT

Growth comes through challenges. If it gets intense—don't back out. Lean in.

You're doing this for yourself, your future, your loved ones.

SIGN THE WAIVER (each person needs to sign the waiver):



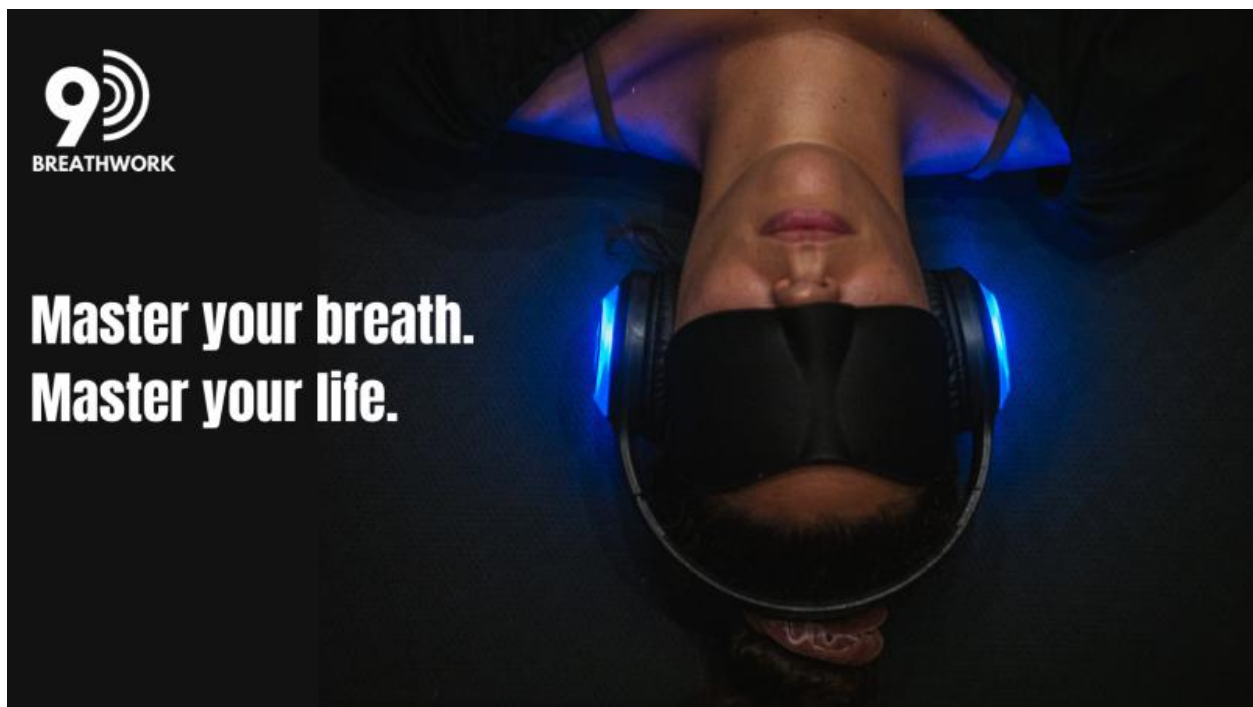
RELAX... before we begin our journey, we review all the information on this PDF and practice the breathing techniques used during the Journey. We prepare you well before we dive into this transformational experience...so, **RELAX** 😊

QUESTIONS?

Before we begin, please ask anything you're unsure about. We're here to support you on this powerful path.

Welcome to the journey. Now breathe.

You're not just releasing old energy—you're reclaiming your power.



Yours in Optimal Health & Wellbeing,

Jo Ellen & Mike.

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