



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.

EQUIPMENT & PREPARATION for **IN-PERSON JOURNEYS / WOKSHOPS**

Please bring:

- **NO Headphones:** 9D headphones are provided by us.
- **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. Dress comfortably.
- **Water bottle, chap stick** (your lips will get dry doing intense breathwork)

EQUIPMENT & PREPARATION for **LIVE ZOOM JOURNEYS / WOKSHOPS**

Be Ready:

- **Headphones:** 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 !!!)**

🎵 “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:

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!).

Input Volume:  

☒ Automatically adjust microphone volume

Audio Profile

☐ Zoom optimized audio (recommended for most users) ⓘ

☒ Original sound for musicians (recommended for studio environments)

Displays in-meeting toggle to switch between Zoom optimized audio
Original sound for musicians

☒ High-fidelity music mode ⓘ

☐ Echo cancellation ⓘ

☒ Stereo audio ⓘ

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):

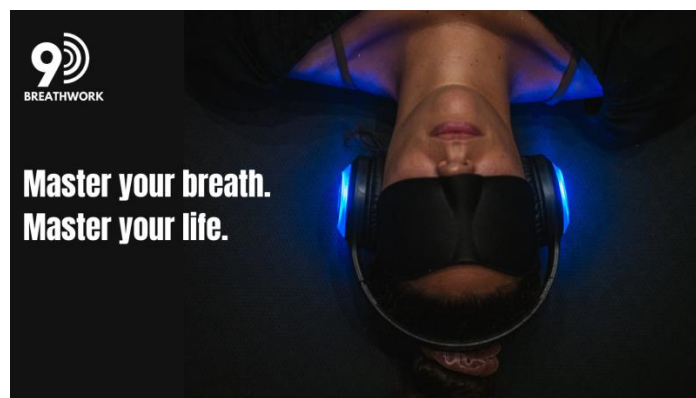


QUESTIONS?

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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