

# UPDATED OFFERINGS



## **INNER JOURNEY – INDIVIDUAL EXPLORATION**

**\$180+GST**

An individual breath experience. The journey is facilitated by Dan. The experience lasts anywhere between 90–120 minutes based on individual need.

## **BREATH RESET – GROUP EXPLORATION**

**\$125+GST**

A 3-hour experience designed to help you move beyond the over-active thinking mind that fuels old patterns, anxiety, and blocked emotions. We'll begin with grounding and instruction, then guide you through an hour and a half of breathwork, followed by art integration to help process and embody the experience.

## **NERVOUS SYSTEM RESET – GROUP EXPLORATION**

**\$200+GST**

A day designed to support deep inner exploration, connection, and gentle integration in a supportive space. You can expect grounding practices, a guided breathwork journey, time for rest and reflection, and opportunities to share with the group. Everything is optional – you're invited to participate in whatever way feels right for you. Our intention is to create a safe, spacious environment where you can be fully yourself, with guidance and support throughout. We're honored to share this experience with you and look forward to breathing, exploring, and integrating together.

## **CONSCIOUS CONNECTION – COUPLES EXPLORATION**    **\$300+GST**

Couple's Breathwork & Integration Experience designed for partners who want to deepen connection, expand awareness, and explore their inner worlds together. Facilitated by two experienced practitioners, this session creates a supportive and balanced space where each partner can safely engage in breathwork while feeling witnessed and supported. Through intentional breathing practices, participants are invited to access deeper layers of the psyche, release stored emotions, and gain insight into personal and relational patterns. Concluding with an integration space allowing couples to reflect, share, and process their experiences together together with guidance from both facilitators.