

Breathwork Therapy

Releasing Stress, Anxiety and Trauma

Breathwork is a “stand alone” therapy and is extremely complimentary to other modalities.

Breathwork releases past stress, anxiety and trauma in present time. It does this by taking the body and mind into such a deep, expanded state of relaxation and surrender that the body initiates a ‘letting go’ process, releasing the accumulated stress in the system. This is very liberating for the person, freeing them up enormously. This is not magic, it is science. All people carry unresolved emotional issues from the past. Once a process of release has begun the person will experience great stillness of mind and deep internal peace.

When the past is allowed to accumulate in the body it eventually causes a problem. You don’t have to wait until the warning signs are flashing madly by any means, the best time to start clearing your built up stress is NOW! It is much easier to release and transform these past charged stresses before they have manifested into something more sinister.

Another wonderful result of Breathwork is the uncovering of your true, life potential. As the body is cleansed and purified your natural abilities and personal life potential arises.

The build up of past stress holds you back, it is a heaviness sitting in the body and mind and can literally feel like a weight. It is a weight that slowly and surely collects in the body over time, and most people are not aware of it until it becomes hard to bare in some way, with any number of symptoms like; not coping well with life... tired all the time.... not sleeping well... regularly becoming ill... a medical diagnosis... depressed... anxious... feeling like life’s an effort... your life is “ground hog” day... your relationships are hard work... you don’t fit in... your job is unsatisfactory... you’re on a treadmill and don’t know how to get off.

If you are feeling any of these symptoms, it’s time to free yourself from these restrictions.

Breathwork is proven way to release whatever the body/mind is holding unto and reach a state of peace and stillness within a very short time frame. There is great peace in an empty mind still mind and body. It is an amazing experience, one that everybody deserves!

