

Conscious Connected Breath with Justine Clement

Healing through Breathwork

Come and experience Breathwork as a way of healing, well as for vastly improved physical and emotional health.



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Breathwork is the quickest, most powerful and effective way to enhance and transform your state of mind and body. Breathing is the only system in our body that is both automatic and under our control. This is not a coincidence. It's an invitation to tap into and influence the evolution of your mind and body. Once understood, this breathing practice can be used as a tool to radically improve your physical and mental health, performance and emotional wellbeing.

Do you...

- Ever feel stressed or anxious and wish you had easy ways to help alleviate this from building up?
- Struggle with poor sleep?
- Lack energy?
- Have a below-optimum immune system (do you get ill or worn down easily?)
- Have shortness of breath or asthma or just feel like your breathing isn't what it once was (watch a baby breathing, for example, and see the difference)
- Often feel unclear or lack creativity?
- Have depressive thoughts that you'd like to shift?
- Wish for more energy?
- Want to move past what is standing in your way of your happiness?
- Want to develop a greater connection with yourself and understanding of yourself?
- Want to explore deeper levels of consciousness?
- Want to understand yourself better?
- Want to get clear of your emotional baggage?
- Be and feel healthier?
- Feel curious about accessing altered states of consciousness?
- Want to feel more resilient?
- Want to feel more in control of your emotions?
- Notice that nothing feels quite right?
- Want to move through deep-seated emotional issues and/or trauma?

All this is possible through Conscious Connected Breathwork.

Humans have been aware of the healing power of their breath for millennia. Through the centuries we've developed a vast array of breathing practices, all designed to bring about physical and emotional wellbeing and connect with our deeper selves.

But in today's society, we often neglect our bodies' built-in capabilities. Imagine owning the highest spec TV in existence, keeping it plugged in on standby and then living with it for years and years without ever actually turning it on. The fact is, most of us live in 'standby mode' most of the time. Breath: the most powerful mechanism is literally right beneath our noses waiting to be explored, yet we rarely give it more than a passing thought.

Conscious Connected Breathing is a powerful and safe way to infuse the body with oxygen and energy, recharging our own (often depleted) systems to work to their healing capacity. It facilitates openings to higher levels of consciousness, allowing us to tap into our deeper resources and live our lives joyfully and in abundance.

With Breathwork we can enjoy optimum mental health, emotional clarity and experience an ever-deepening relationship with ourselves. It's the means by which we can embark upon the ultimate journey: the one where we discover who we really are. It can also facilitate the growth needed in order for us to transform into who we're capable of becoming.

and how does it work?

In-person 1-1 sessions allow you to go deeper, experiencing the healing power of your own breath. You may seek a deeper connection with yourself or inspiration when nothing seems quite right. It may be to overcome constant fear or stress, or to move through deep-seated emotional issues or trauma. You may be struggling to sleep. Whatever the reasons, a 1-1 Conscious Connected Breath session with me will help you on your journey to achieving optimum health and vitality, gain greater clarity and enhance the process of self-discovery. I'll also be using some light acupressure during the session. The session will last 1hr 30 mins

Each session is based around one simple breathing technique which you can vary depending on how you want to feel or what you'd like to achieve. You'll be taught how to use Conscious Connected Breathing effectively and be guided and supervised as you go along – paving the way for really transformative experiences. I recommend a series of 3 sessions to get you going and feel confident to use it for your own daily (or a few times a week practice), but the choice is really yours.

Prices and contact

In-person sessions at Yoga Ananda, are £125 for 90 mins

Please call 07714 333418 or email justine@wonderbreath.co to book, or book via the Yoga Ananda centre.