

 AMANDA  
CARMO



## **BREATHWORK**

We take you to an experience of personal development beyond your breath. We work on conscious breathing through frequencies, binaural beats, 8D sound, white noise and NLP.

Get ready to:

**Empowerment**

**Mental focus**

**Creativity**

**Balance the nervous system**

**Releases toxins**

**Stress relief**

**Emotional balance**

**Deeper inner connection**

**Physical and spiritual benefits**

**Personal growth & expansion**

**Strengthen inner connection**





## **"IF YOU OWN YOUR BREATH NOBODY CAN STEAL YOUR PEACE"**

We teach you the art of breathing and how to maximize all your internal potential in your day to day.

Through conscious connected breathing a change happens in the physical, mental and emotional states. No prior experience is necessary, just the willingness to want to work on yourself, let us guide you and open up to the process of breathing.

The session is carried out lying on a mat, with eyes closed, listening some music through wireless headphones and under our guidance, following the breathing process.

The session lasts 1h for you to enjoy this inner trip and the experience.

It is not magic, it is a physiological process that occurs in the body due to the type of breathing that we use and that lowers the energy of the neocortex (the analytical mind) and allows us to enter, thus, the subconscious mind and areas of the brain that are normally not accessible consciously. You will then have access to all your internal information, whether to heal, release or create.



## RECOMMENDATIONS:

- Please try not to eat within 1 to 2 hours prior to breathwork. If you feel you have to eat, better something light such as fruit or nuts.
- No caffeine 3 hours before the session
- No drugs, no alcohol (ideally 24 hours before the session)
- Bring bottle of water
- Comfortable clothes
- A blanket nearby to cover you in case you feel cold
- Eye mask to cover your eyes during the session, if you want it.

## BREATHWORK LIABILITY WAIVER:

This form must be completed before the session in order for you to participate in the event. It will only take 2 minutes.

[CLICK HERE](#)

## Contraindications:

Cardiovascular problems (angina, heart attack, high blood pressure).

Aneurysm, epilepsy, serious psychiatric problems, bipolar disorder, osteoporosis, recent surgery, glaucoma, pregnancy, detached retina.

People with asthma consult the facilitator