



Breathwork Therapy

Therapeutic breathwork uses a variety of safe and simple breathing techniques which provide the opportunity to see and change patterns and thoughts from the past that may be hindering or preventing the enjoyment of life in the present. Breathwork Therapy can unlock the doorway to conscious living – the ability to be mindful enough to make conscious choices, without being at the effect of the past, and which support us to be fully present to this moment in time. Empowerment, vitality and profound peace are the result.

Regular sessions may provide:

- Relief from Stress
- Improved Relationships
- Access to Personal Power
- Profound Insights and Clarity
- Vitality and Well-Being

Since attending the first session, I gained clarity and made a choice to live with courage, resulting in a career and life change. I am now following my passions, studying and have found new employment – I now feel free and light!

I have been using the breathing techniques to help manage anxiety, and now I experience a lot less anxiety than I used to.



For more information, please contact gabrielle@freespiritruenorth.com.au