



SOUL SEER

SCHOOL

Introduction to Breath Work

Decode the language of your nervous system

Expand your consciousness & raise your vibration.

- Unleash the healing potential of your nervous system
- Shift the perspective through which you view the world
- Explore the mechanics and influence of your breath
- Uncover how to harness the power of your breath for healing and transformation
- Learn particle strategies to understand and transform anxiety and stress
- Release trapped emotions.
- Tap into the heart's infinite wisdom, intuition, and your greatest potential
- Create a sacred space and energetic boundaries
- Gain insight into your emotions and their feedback
- Recognise your energetic and interconnected nature
- Bring connection to your body, soul, and spirit for harmony and alignment.

Email jayne@soulseer.co.uk to start your journey today