

## One-Day Breathwork Retreat on Zoom

This breathwork retreat is a one-day community that we, the participants, will build together.

- The "main event" will be an hour-long breath session in the afternoon to a "holotropic" music mix specifically designed for this work.
- You will have formed a powerful intention for your session which will be written down on an index card or in a journal.
- After "giving over" your intention to your "inner healer" (or other higher power), you will simply "breathe and let go" until you are surprised.
- You will have the opportunity to share your experience with another person, as well as the whole group.
- You will leave with an affirmation you create for yourself and perhaps some "homework" for yourself.
- You will have everything you need to continue this work on your own, if you so choose.

There's nothing you need to do to get ready - *other than making sure your technology works.*

We will want to hear you and see your face. (Cameras ON, please :)

### Your Healing and Growth Intention

If you want to think about an intention before the retreat, one of the initial check-in questions will be, "What do you want to work on today?"

It could be anything...and you can change it, as the day progresses.

This "healing and growth" modality works at all 4 levels: body, emotions, mind, and spirit.

- Is there something in the body that needs healing?
- Are there emotions that might need to be released?
- Are there limiting beliefs at work in your life? Do you need more clarity about some aspect of your life situation?
- Are you feeling disconnected from something larger than yourself? Is there a longing for connection?

What is the gift you'd like to give yourself?

### Setting Up Your Breathing Space

All you really need are some blankets and pillows as shown in the photo below.

Ideally you will be able to set up a space like this in the same room as the computer you will be using for the zoom call.

Here's what is shown below and why...

- A blanket to lay on (this one, folded in thirds) to give a little cushion.
- An extra blanket at the foot in case you get cold.
- A rolled-up blanket to place under your knees for comfort, if you like that.
- A pillow for your head that's not too big so that air flow in your throat is not constricted.
- Water, if your mouth gets dry from breathing with an open mouth.
- A pen and something to write on.
  - Your intention for your session will be written there.
  - At the end of the session, you'll be writing your affirmation there.
- Extra pillows to the side
  - For comfort or for releasing anger during the session if anger should arise.
- If you'll be in a bright room, you might like to have an eye mask.



**Also very important...**

- If other people live with you, let them know that you will want privacy and not to be interrupted.
- If you have pets, they might think it strange that you're laying on the floor and might behave in a way that could interfere with your session, e.g.
  - Your cat might want to lay on top of you.
  - Your dog might want to lick your face.

○All very cute...but not conducive to your breath session. :)

• Technology that works

○A camera that is turned on...

▪ So that you can see everyone.

▪ So we can see you looking back at us.

○A microphone so we can hear what you say.

○Headphones, earbuds, or speakers that are loud enough for you...so you can better "drop" into the evocative music that will be played during the session.