



1:1 Breathwork Coaching – A Sacred Space for You

This is a gentle, private container created just for you. In our 1:1 sessions, we use the breath as a bridge—back to your body, your intuition, and your inner knowing. Whether you're moving through stress, grief, transitions, heartbreak, burnout, or simply feeling disconnected... you don't have to do it alone.

Together, we'll slow down, listen inward, and allow your nervous system to soften. The breath helps you release what you've been carrying, return to your center, and come home to yourself—one inhale at a time.

What you can experience

- a sense of peace and grounding
- emotional release + lightness
- clarity, connection, and self-trust
- more space in your body and heart
- support in stepping into your next chapter

What's included

- an intuitive check-in + intention setting
- guided breathwork tailored to your energy and needs
- grounding and integration to help you feel supported after
- gentle tools you can use between sessions

A loving note

Breathwork can bring up deep emotions and energy shifts. Please message me before booking if you are pregnant, have seizure/epilepsy history, uncontrolled high blood pressure, serious heart conditions, or any medical/psychiatric condition that may be affected by deep breathing practices. This is not medical advice and is not a substitute for therapy or healthcare.

If you feel the nudge, trust it. ❤️