

Ongoing Support

If you would like to continue our work together, here are two options for continued support:

Both allow you to continue your Breathwork practice at a gentler rhythm, either biweekly or monthly. Each path encourages a continued deepening in your relationship with your breath and supports the ongoing integration of the spiritual growth and awareness you have cultivated.

OPTION ONE – THE IMMERSION PATH

2 x Breathwork Sessions per month – approximately 1.5 hours each

2 x Coaching / Integration Sessions per month – 1 hour each, including personalised follow-up practices and written notes

Schedule:

- Week 1 – Breathwork
- Week 2 – Coaching / Integration Session
- Week 3 – Breathwork
- Week 4 – Coaching / Integration Session

Month-to-Month: USD \$1,200

Three-Month Package: USD \$3,300

OPTION TWO – THE INTEGRATION PATH

1 x Breathwork Session per month – approximately 1.5 hours

1 x Coaching / Integration Session per month – 1 hour, including personalised follow-up practices and written notes

Schedule:

- Week 1 – Breathwork
- Week 3 – Coaching / Integration Session

Month-to-Month: USD \$600

Three-Month Package: USD \$1,650