

Δ M Δ V E D Δ



THE BRIDGE
A CUSTOM DETOX
& BREATHWORK PORTAL

SEPTEMBER 8 - OCTOBER 20 | 2025

Francisca Ramirez

Designed by Emily Shaw

WWW.AMA-VEDA.COM

Program Rhythm & Overview

Portal Container: Mon Sep 8 → Mon Oct 20, 2025 (6 weeks)

Notes: Mexico Trip October 9–31 • Birthday October 10

- Texas (CT) → Lisbon: *Lisbon is +6h.*
- Mexico City → Lisbon: *Lisbon is +7h.*

Weekly Cadence

MONDAYS - LIVE ZOOM 1-hour Teaching Call 12:00–1:00 pm (CT) / 6:00–7:00 pm Lisbon

FRIDAYS - LIVE ZOOM 2 -hour Breathwork 7:00–9:00 am Texas (CT) / 1:00–3:00 pm Lisbon

Fridays: Your following week's plan ready in your portal by 6:00 pm Lisbon.

Week 1: September 8–15 — INTAKE + PORTAL OPENS **UNIQUE WEEK/INTAKE*

- Monday, September 8th: 20-minute *Portal Opening Call 11:00 am (CT) / 5:00 pm Lisbon*
- Friday, Sept 12: *Breathwork #1*; Intake forms due (evening Lisbon)
- Friday, September 12: Your Next Week's Program in The Portal (Pre-Detox) by 6:00 pm Lisbon

Week 2: September 15–22 — PRE-DETOX PREP

- Monday, September 15: *Teaching Call* — orientation, ingredients, light practices + amendments
- Friday, September 19: *Breathwork #2*
- Friday, September 19: Your Next Week's Program in The Portal (Detox) by 6:00 pm Lisbon

Week 3: September 22–29 — DETOX WEEK

- Monday, September 22: *Teaching Call* — Detox starts
- Friday, September 26: *Breathwork #3*
- Friday, September 26: Your Next Week's Program in The Portal (Integration) by 6:00 pm Lisbon

Week 4: September 29–October 6 — INTEGRATION

- Monday, September 29: *Teaching Call* — Stabilize post-detox rhythm
- Friday, October 3: *Breathwork #4*
- Friday, October 3: Your Next Week's Program in The Portal (Mexico Plan 🇲🇪) by 6:00 pm Lisbon

Week 5: October 6–13 — EXTENDED POST-DETOX • MEXICO BEGINS

- Monday, October 6: *Teaching Call* — Travel nourishment + Mexican herbalism/tools
- Friday, October 3: *Breathwork #5*
- Friday, October 10: *Birthday 🎂 + Ofrenda*; Your Next Week's Program in The Portal (Full Integration) by 6:00 pm Lisbon

Week 6: October 13–20 — FULL INTEGRATION

- Monday, October 13: *Teaching Call* — consolidate; post-program plan for remainder of Mexico
- Friday, October 17: *Final Breathwork #6*
- Friday, October 17: Post-Program Plan in The Portal by 6:00 pm Lisbon
- Monday, October 20: Completion

NOVEMBER 3rd— POST PROGRAM PLAN

Communication Structure

We keep a clear structure for all our communication so that you feel supported and informed at every step. This keeps our work focused and spacious, without confusion or overwhelm.

WhatsApp Support

- One message per day (voice or written)
- If you have multiple questions, please send them all together, but as separate messages so they can be answered in turn
- Replies between 11:00 am–7:00 pm Lisbon, messages

Email

- Let's avoid email to prevent misses/cross-over
- Only if needed or for larger documents

Zoom Calls

- One 1-hour call each week
- **MONDAYS - LIVE ZOOM 1-hour Teaching Call 12:00–1:00 pm (CT) / 6:00–7:00 pm Lisbon**
- Zoom links lives in your calendar event

Breathwork Sessions

- Weekly 2-hour session
- **FRIDAYS - LIVE ZOOM 2-hour Breathwork 7:00–9:00 am Texas (CT) / 1:00–3:00 pm Lisbon**
- Zoom links lives in your calendar event

Missed & Reschedules

- If you need to move a weekly call, message on WhatsApp ≥ 24 hours in advance
- If you need to move Breathwork, message ≥ 48 hours in advance
- I'll do my best to accommodate within my calendar; all sessions must occur within the 6-week container
- Late cancellations (inside the windows above) or no-shows are forfeited; no extensions unless there's a genuine emergency
- 10-minute grace; we still end at the scheduled time

Breathwork Sessions

Before the Session

- Come with an empty belly (ideally no food for at least 1 hour before)

Your Sacred Space

Set up a clear, calm space. Privacy, comfort and no interruptions.

- You'll be lying flat on the floor: comfy, but not so comfy you fall asleep.
- Yoga mat or carpet
- Bolster or pillow under the knees
- Blanket within reach
- Water or tea nearby
- Journal + pen for notes right after
- A candle if possible to burn throughout your session

What to Wear

- Comfortable clothing (no need for yoga wear)
- Avoid tight bras or constrictive tops — bra-free is best

Tech

- Good internet connection
- Join from a desktop/laptop so I can see you clearly