

★ Healing through Breath

Special Offer for new clients:

20% OFF the first session with this AD.



The Art of Natural Breathing

We all understand that in order to fully heal our selves, it is necessary to deal with stress, emotional hurt or trauma of the past. Most Western-oriented therapies tend to intellectualize and rationalize feelings which for the birth or early childhood traumas often are ineffective. Breathing provides a rapid and effective method of healing at a deep, permanent, cellular level.

The technique bypasses the limits of age, intellect and language.

You just breathe! The benefits after breathing sessions :

- Increased Energy
- Improved Circulation
- Improved Sleeping Patterns
- Stress Reduction
- Increased Productivity
- Detoxification and even Lost of Excess Weight
- Mental Clarity
- Release of Addictive Patterns
- Release of Cellular Negative Memories/ Trauma
- Increased Amount of Oxygen to the Brain

Angela Sokolova - HHCP, Qi Gong Instructor and Breathwork Practitioner

To schedule an appointment for a private session:

call : 510-366-1686

email: ang.sok@gmail.com

To prepare yourself for the session:

It is better to wear loose clothes. If you are coming immediately after work, you may bring the proper clothing and change when you arrive. Please do not come on a hungry belly. Each session is 2 hour-long.

Eat an hour before your session or have a small snack before arriving.

If by any chance you feel not well, have a cold or flu, please re-schedule your appointment. 24-hour cancelation policy. Let the practitioner also know ahead of time if you are very sensitive or allergic to any fragrance or smell.

Change your life with the Art of Natural Breathing!

What to expect during the breathing session.

During breathing sessions YOU WILL BREATHE!

We connect to ourselves more by breathing deeply. By breathing deeply, we take in more oxygen and use this oxygen to heal the places in our body where that oxygen is necessary. What are these places? They are generally places where you have tension, symptoms and problems stored in your body. This could include places where you have experienced injury, an accident or tension, including emotional tension. **Conscious connected breathing** is the art of using breath to connect.

During a breathing session you breathe as if you are running, or exercising or dancing, but you don't move, you are laying and breathing, the oxygen and energy that would normally go to replenish and compensate for the oxygen and energy being used by the muscles engaged in exercising or dancing, goes to heal the traumas instead.

During the breathing session, all the oxygen is distributed throughout the body, delivering additional nutrition and consequently a higher "vibration" to the cells. This is why many people experience tingling during sessions. They are experiencing a higher amount of oxygen, as well as a higher vibration of cellular movement, both of which is a healthy process. Sluggish cells lead to sluggish functioning. We want as much oxygen to be brought to the cells of our body as possible. **During the session you are guided how to breath that you would be able to unblock, increase, and balance energy. The goal is to achieve optimum health and healing.**

It is known that breathing exercises and various breathing techniques form the foundation of many ancient practices. Shamans, Yogis and QiGong/Martial Art masters practice deep breathing techniques to gain clarity, recharge and accumulate energy, to still the mind and enter a state of consciousness that brings serenity, clarity, and bliss. Prana or Qi – life force energy – is connecting all living things in one organism and keeps it alive. So breath is the source of life, and why not to get connected to it fully and explore the results?

History of Re-birthing Breathwork

The Rebirthing Breathing technique was discovered and developed by Leonard Orr in 1970. The technique known as 'connected breathing', where the inhale and exhale are merged with no pause in between. This is the natural breathing rhythm of babies, animals, and most young children. This technique is used today in hundreds of various forms of Breathwork styles including THE ART OF NATURAL BREATHING. Through this method past traumas associated with birth can be healed, and the person can experience a "re-birth" with some common "side effects" which include states of **complete peace, clarity, acceptance, joy, bliss and great amounts of energy.** People report finding their true purpose in life, changing their self-sabotaging patterns, healing their inherited addictions, fully transforming or improving their health and lifestyle.

Learning how to breathe.

We don't have to learn this. Our body already automatically knows how to breathe. We just need to remove the tightness caused by earlier traumas, so our natural ability can return and we become conscious of using the breath to connect to our Self—to our spirit and to our life force.

A breathwork practitioner guides you through the process of releasing the trauma through breathing and restoring its natural healthier way. It needs at least 10 sessions (more depending on the severity of trauma) of conscious breathing to re-program the habitual breathing pattern and memorize the healthier one.

If you look up the "word" for breath, you will find that it also means spirit. The way in which we breathe is also the way in which we embody spirit. Deep flowing breath is a good sign of health, balance, and fullness of one own spirit and life force. Short, weak or shallow breathes indicate stress, confusion and, generally speaking, health problems. Life is being held back.

GET YOUR POWER BACK BY FULLER INHALES! LIVE BETTER! Come to BREATHE!

TESTIMONIALS:

"My intention was to heal my emotional pain. I am very happy with the results of my breathing sessions. I feel much more peaceful and happier. I have more confidence in myself and have experienced beautiful things during sessions... love, peace and light. I grew a lot and learned to be more grounded. Thank you!" ~Esther Cassino

"My intention was to have more energy and to feel joy again after losing my brother and mother. My expectations for the sessions were completely fulfilled. I have energy again and I am much gentler with myself. I feel joy! I am not carrying the heavy weight of grief and constant self-criticism any more. I had MANY epiphanies. I loved it ALL. I will do another round of 10 for sure!! " ~ Barbara Dean

Private sessions are done in a series of 10. Each is 2 hours long.

Contact Angela Sokolova for a session.