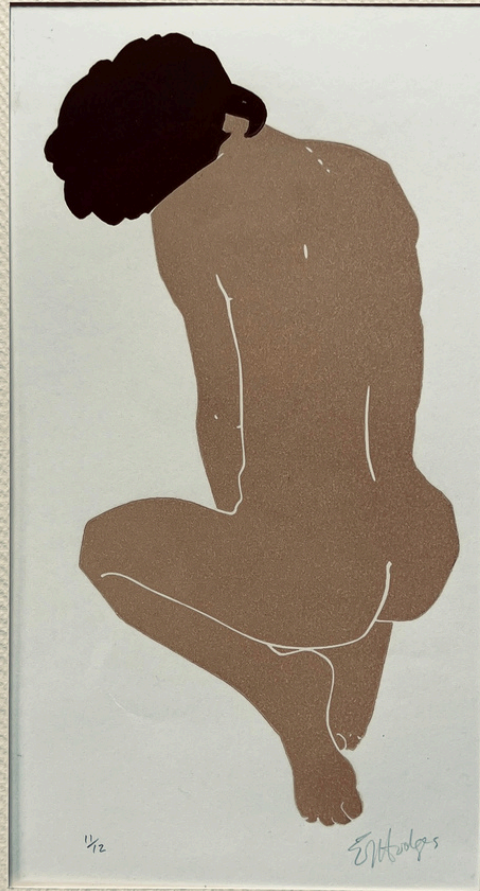




Connected Safe Haven

Date:
Saturday 7th
November at
3.30-6.30pm



Breathwork Mastery (RBM)

How does Breathwork Mastery RBM work?

It is a conscious, connected breath process that activates the body's parasympathetic nervous system and cellular memory. By combining conscious breath with body sensation awareness and intentional focus, it brings suppressed emotions, memories, or stress patterns to the surface. This allows your body to safely process, integrate, and release old conditioning.

Looking Inwards

Sofia Harris