



Connected Safe Haven

BREATHWORK & PLAY THERAPY

TAKE THE FIRST STEP

*Safe Haven Within*

# BREATHWORK RETREAT IN BREATHWORK MASTERY (RBM)

YOU ARE INVITED TO A BEAUTIFUL HALF DAY IN-PERSON  
RBM BREATHWORK EXPERIENCE

SUNDAY

JUNE 28<sup>TH</sup> 2026

- 🕒 ARRIVAL FROM 11:30AM
- 🕒 SESSION 12:00PM - 3:30PM

**INVESTMENT: \$140**  
(OR PAY WHAT YOU CAN)

📍 LOCATION

**Think.FocusAct**

Yoga & Community Studio  
33 CHALLIS ST  
NEWPORT VIC 3015

CACAO, LIGHT REFRESHMENTS  
& HERBAL TEAS PROVIDED

A GENTLE GUIDED  
3.5 – 4 HOUR SESSION  
OF BREATHWORK MASTERY

- 🌿 Intention Setting
- 🌿 90 Minute Supported Breathe
- 🌿 Debrief & Integration Support
- 🌿 Small Group (Max 12)
- 🌿 Full Comfort Setup

(incl. props & blankets)



SOFIA HARRIS

Breathwork Mastery Facilitator  
in Training with TSOB



LEESA PATTEN

RBM Supervisor  
& Co-Facilitator with TSOB

This is a safe haven — a nurturing space to come as you are.

**Using a gentle parasympathetic breath, your body leads the process.**

Stored stress softens. Protective patterns begin to unwind. Awareness deepens.

*No force. No pressure. Just attunement.*

RESERVE YOUR PLACE

BOOK ONLINE

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