



# HOLISTIC BREATHING EXERCISES AND MEDITATION

## On-line course

This course is for those of you who wish to deepen your relationship with your body, heart and mind. I have prepared for you a set of breathing exercises and meditation that will help you in the process of internal transformation. The techniques given here are holistic.

I highly recommend the course which is a set of breathing practices, meditation, visualization and written exercises. They directly help in the simultaneous transformation at the level of the body and the space around us.

During each session, we also make contact with the body through subtle body movements.

The course is intended for people experienced in working with breath as well as for novices.

I will be happy if you want to share your experience with me after the course.

Welcome!



## WHAT CAN YOU GAIN FROM THESE PRACTICES?

- reducing the level of stress and the ability to cope with stressful situations
- letting go of old patterns and negative habits
- reduction of physical, emotional and mental tensions
- getting to know your resources, strengths and showing how to manage them through breathing
- building intimacy with oneself and the environment
- developing imagination
- to express yourself more freely
- increased self-acceptance
- embedding in the here and now
- increased concentration
- more effective learning
- building self-discipline and consistency in action

## THEMES OF INDIVIDUAL SESSIONS

1. Introduction to the breath. Conscious breathing, its location and specificity.
2. The breath is a tool to build your power. Create a relationship with your potentials.
3. Creating mental and energetic connections, body, mind, heart through breathing and visualization.
4. Yin and Yang in the breath. Balancing the two fundamental elements of life, Yin and Yang.
5. Breathing as a tool of transformation and healing. Meditations that heal relationships and events.
6. Breathing techniques. increasing energy levels. Calming techniques. Balancing techniques.
7. Meditations on the chakra level. Life energy - kundalini and chakras.
8. Techniques for cleansing the psyche and body.
9. Breathing techniques to ease mental tension and stress.

A descriptive part in the form of a presentation is also attached to the course. I strongly encourage you to keep a diary of each session. Writing down thoughts, feelings, insights, transformation processes.



## PRICE

Price: 135 Euros

## LOGISTICS

After signing up for the course and making the payment, you will receive links to all parts of the course as well as a descriptive part in pdf form.

## AUTHORIAL RIGHTS

The course is fully copyrighted.

Please respect my work and the work of the whole team. Please do not share the course with third parties.

## INFORMATION

Possibility of organizing the course "live" in the form of on-line or stationary meetings.

Offer for individuals and groups. The price will be determined individually.

Feel free to contact me.

## ADDITIONAL INFORMATION

You perform the above exercises at your own risk.

The techniques presented are not medical recommendations.

Exercise should not be exercised while under the influence of alcohol or other intoxicants.

It is not recommended for people under the influence of psychotropic drugs.

Before starting the breathing practice, you should be on an empty stomach or at least 2 hours after eating.



**WELCOME! Kaja Kochańska**