





The Brave Breath

The breath is our direct link to the body's aliveness and inherent capacity for repatterining.

By engaging with our conscious breath, we discover how we've often been unconscious of it... moving very fast and quickly. Breathing really shallow and fearfully. Intensely bearing down, holding in, afraid to feel the places of contraction or pain in our lungs, belly and heart...resisting the rhythm of our body's natural inhale and exhale.



Theses are common patterns of restrictive breathing that occur when we've been disassociated from our body and in a state of flight/fight/freeze/fawn.

It's not our fault that we haven't known how to fully inhabit, be with, feel and savor our full succulent breath.  

Our Brave Breath is our direct connection to life.

Flowing in. Flowing out.

It's what enters us without our asking.

And exits our body without our having to direct it.

Our relationship to our breath is where we remember we are the Alchemists of our life.



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If you haven't felt in touch with the restorative experience of your breath... and don't know where to begin to engage with this natural remineralization of your body, brain and world... then take my hand.

Reflections on your breath...

- Do you connect with your breath, drinking it in, like it's the most sustaining mineral and source of nourishment you could ever receive?
- Do you believe in the breath's enduring power to bring in fresh vitality with each inhale, and to remove toxins and outdated thoughts with each exhale?
- Do you respect your breath as the direct and original visceral connection to the Source of Life?
- Are you enjoying the full range of feelings as your breath moves in and out, up and down, from side to side, supporting you to naturally transform and alchemize old patterns and pain within moments inside your body's form?

The Brave Breath is our playground for fully meeting our vitality and becoming the Alchemists of a joy-filled living experience.

As we rebuild this conscious connection with breath, we welcome sustained deep and natural states of pleasure, calmness, sensation and presence, to guide us through the transformation of our lives.