

How to Participate in a Clarity Breathwork Online Session

Make sure you have a comfortable, warm space where you won't be interrupted (if possible).

Please keep your camera on so that I can support you while you breathe. The recording will only be shared with those who have registered and my face will be in full view during the breathwork ceremony, so no one will see you on the recording.

- Lie on your back with your hands open at your sides and your legs uncrossed.
- Keep your head fairly flat (not on a big pillow) to open up your breathing passageways.
- It's best to close your eyes so you can go deeper within.
- Relax your jaw and open your mouth.
- Breathe in and out through your mouth, all the way up into your chest, heart and lungs and imagine that you can breathe all the way up through the top of your head~this connects you to your higher Self and expanded consciousness.
 - You can also breathe into your belly, hips, and legs but also be sure to bring the breath up into your lungs, as this opens your heart and allows for deep healing, release, and a return home to yourself.
- It is a circular, connected breath, without pauses between the exhale and the inhale, or between the inhale and the exhale. It is a gentle, not a forceful breath.
 - We call this the Ah Ha Breath~ a silent Ah on the inhale, a silent Ha on the exhale~ and it delivers you to amazing Ah ha's. This Breath opens the back of your throat more, which enables more air and oxygen to enter and exit.
- If emotions arise, allow them without dramatizing or suppressing them. Allow yourself to meet and welcome pure emotion all the way through the ceremony.
- You may experience tingling and other sensations in your body. This is your life force energy and it's totally safe! This is a cellular cleansing breathing experience.
- If, at any time, you feel that it is too much, you can slow down your breath, open your eyes, look around, and see that you are safe and we are here with you.
- Be open to new levels of love, connection, joy, insights, forgiveness, guidance, aliveness, and possibility.
- Sessions last approximately 50 minutes-one hour, with a gentle build up of energy, and often a release and surrender, followed by insights, guidance, and moving towards a gentle integration at the end, when we turn on our sides to rest.