

SUMMER HEALING

10 years ago, Jem Stone and Aimee Bracks were trained in Rebirthing Breathwork by Jahn Hooks and Zeroum Law they have been running group classes, and private sessions and established their own training in 2019.

Rebirthing Breathwork is a healing modality that uses conscious connected breathing which induces deep relaxation and an expanded state of consciousness. The founder Leonard D. Orr developed and taught this method to be used in individual sessions with a trained Rebirthing Breathwork practitioner. The original method is used in a one-on-one setting, in-person and online.

When the body feels safe, the mind feels safe. trained Rebirth The presence of the facilitator adds another level of safety. The altered state of consciousness allows for a more expanded perspective with added objectivity and neutrality. This combination allows the person to feel safe enough so that unresolved emotions and memories come to the surface for gentle release through the breathing rhythm. Breathing moves energy and transforms various sensations and feelings into peace. By the end of the session, most people experience a deep sense of peace, well-being, and clarity.





Most Commonly Experienced Benefits of

Rebirthing Breathwork

- Increased clarity, joy and vitality through releasing everyday stress and tension
 - Deep relaxation and calm, nervous system regulation
 - Gentle yet powerful release of trauma and suppressed emotions that compromise health and hold us back
 - Understanding and releasing early childhood and birth imprints, patterns and memories
 - Deep insights and intuitive guidance from the inside
 - Connecting with the deepest parts of ourselves and the Divine - the Oneness experience
 - Moving through energetic and physical blocks
 - Liberating the breathing mechanism from shallow, inhibited breathing patterns
 - Super-oxygenating the body and alkalizing the blood
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Commence any time

Breathwork Certificate

Level 1 Contribution \$2000

You will receive a rebirthing manual and at the end of the ten sessions you will receive a certificate in Breathwork

We believe in order to be able to hold space for others first we must go through the process outside and clear the main traumas that may limit us from holding space effectively for others. You will receive our master class video in rebirthing that will take you through a home practice, links to tutorials and also during the

- 10x 1.5 hrs. breathes
- 10x lectures
- Client history and rebirthing lineage
- Personal lie process
- Forgiveness diet
- Unconsciousness in breathing
- Ten biggies of trauma
- Methodology and deviations of the breath
- Affirmations
- Spiritual purification
- Role of a rebirther
- Tetany and what to expect and breakthrough in a session





Rebirthing

Breathwork Certificate

Contribution \$2000

You will hold space for someone for their 10 breathes while supervised by one of our lead trainers, you will get a chance to take them through the processes you went through with additional information including

- Taking clients notes
- Establishing your own business or private foundation
- Advanced lectures for the Rebirther practitioner

