



Letting Go, Making Space – A Breathwork and Sound Journey

Saturday 2nd May at 4.00-5.30pm - 50 Hill Rise, Richmond

This session is an invitation to gently release what no longer belongs to you and create space for what is ready to unfold. As late spring arrives, nature reminds us of the quiet cycles of renewal. Just as trees shed what is no

longer needed, the body too knows when it is time to let go.

Through conscious connected breathwork and sacred sound, we create a grounded and supportive space for release, openness, and renewal. The breath becomes a guide, helping you soften the layers that may have been held through winter and early spring, old patterns, old stories, old emotional weight, so that something more authentic can emerge.

This is a deeply restorative breathwork and sound journey, open to all levels of experience. No previous breathwork experience is needed.

What to Expect

We'll begin with gentle movement to ground and arrive in the body, followed by a meditative sound journey to open the heart. The session then flows into a 40-minute Conscious Connected Breathwork journey, supporting emotional release, insight, and reconnection with inner wisdom. We'll close with a brief sharing circle for integration and connection.

What to Bring

- Water bottle, Eye mask or scarf (optional), Journal & pen, Comfortable clothing for movement

Avoid heavy meals and alcohol 2-3 hours before the session.

What Is Conscious Connected Breathing?

CCB is a continuous breathing technique involving open-mouth breaths with no pauses between inhaling and exhaling. It's a simple yet transformative practice.

Benefits of Conscious Connected Breathwork:

- ✨ Physical, emotional, and energetic release
- ✨ Deep relaxation and stress reduction
- ✨ Enhanced self-awareness and mental clarity
- ✨ Rejuvenation and balance of natural energy flow

£22/£26 BOOK YOUR TICKET HERE:



About your Facilitator: Nadia is an intuitive healer, breathwork facilitator, and creative guide who blends movement, sound, energy healing, and sacred ritual into deeply transformational spaces. Her work is rooted in gentleness, presence, and the belief that we each hold the power to remember and reclaim who we truly are. Follow Nadia on Instagram: [@healingjourneywithnadia](https://www.instagram.com/healingjourneywithnadia)