



## WHAT IS IT?

- Our trauma-informed breathwork workshop is designed to create a safe, supportive space where participants can explore the transformative power of conscious breathing.
- Guided by qualified facilitators, this workshop integrates evidence-based breathwork techniques to help regulate the nervous system, reduce stress, and process stored trauma gently and effectively.
- Participants will gain practical tools for self-regulation and emotional resilience, all within a nurturing and empowering environment tailored to individual needs

## RESULTS:

- Improved emotional regulation and resilience in daily life.
- Reduced stress, anxiety, and tension through effective nervous system regulation.
- Enhanced ability to process and release stored trauma in a safe environment.
- Increased self-awareness and connection to inner calm.
- Practical breathing techniques to support long-term well-being and mental clarity.

## BREATHWORK + COLD THERAPY EXPERIENCE

Combine this transformative workshop with an invigorating ice bath experience to amplify your wellbeing, build resilience, and leave feeling empowered and refreshed.



# TRAUMA-INFORMED BREATHWORK



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