**Shamanic Breathwork Open Studio Practice**

**Come and experience this sacred , gentle practice and watch your life open up in all the ways you have dreamed using the Shamanic Breathwork Technique™.**

As certified Shamanic Breathwork™ facilitators we have undergone this process many times and bring to you a safe container, open hearts free of judgement, and deep understanding enabling us to co-journey with you wherever your journey takes you. This is the essence of breathwork: support, witness, and safety. Through this practice we move from the mind to the heart, coming fuller into a life well lived, free from old stories that keep us held captive in an invisible prison.  The time is now if you have been looking for an affordable life transforming spiritual practice to heal your life and your mind, then join us!  Love yourself enough and watch your life transform,  let old habits fall away... you have nothing to lose and  everything to gain... let’s dive deep together.

**Open Studio Practice will begin January 15th ​and 29th and continue every Wednesday night through March 11th.**

**Studio space is limited to 20 participants advance donation of $35 is recommended- $40 at the door...**

**Head back to the main events page to reserve your space now!**

**Check out our package deals  for even greater savings**

**What to expect:**

The practice begins with the creation of our safe space through ritual and intention such as smudging with sage, palo santo or copal, while offering prayer and invocation. Individuals then begin in Shavasana (corpse pose) and are guided to gently focus on setting a specific intention, asking for help with a particular challenge or surrendering to their inner healer, calling upon that which is most sacred and holy to them, such as spirit guides, power animals, angels , higher power.

Your breathwork facilitator will guide you into your journey and as drumming begins journeyers are invited to connect with the rhythmic breathing technique and chakra aligned musical journey. As the journeyer uses this deep state of connection and surrender it creates a natural , dream like state, the ego defenses are released , and trauma and unhealed wounds unfold and can be released.

Each practioner’s journey will be a unique direct experience, ranging from blissful and divine to the struggle of identification and release from dysfunctional patterning and negative energy in the psyche. Bodily trauma and stressors may often transform during this process as feelings such as grief, fear, rage and anxiety are released. As the hour long journey concludes you are brought back into your waking conscious state and then encouraged to express the experience with a Shakti art process; further giving voice to your journey. As the session comes to completion the facilitators offer individual journey processing and discussion within the group format to those wishing to receive and share their direct experience. There is no requirement to share, as attendees are held to confidentiality, but often greater clarity can be obtained through the facilitator processing loop.

**Join us at our studio space: Collective--961 Gravenstein Hwy S, Sebastopol, CA 95472**