

Conscious Connected Breathwork Retreat
November 5 – 10 – 2022
Mulvarra House St. Mullins, Co Carlow



Breath is the bridge which connects life to consciousness, which unites your body to your soul. Just breathing and smiling can make us very happy, because when we breathe consciously, we recover ourselves completely and encounter life in the present moment and when we practice looking deeply, we realize that our home, our paradise is everywhere.

Thich Nhat Hanh

Discover what the breath can do for you and how you can work with it as a tool for physical health, awareness, personal growth and expanding the love and joy that you are.

How does it work?

We slowly guide you back to your natural breath flow, the breath of a baby. Your authentic breath flow will give you more energy, health, love, joy, balance and relaxation.

What does it offer you?

Recognition, reconciliation, acceptance, integration and transformation of your barriers. This brings you to the connection with your heart, your essence. The contact with who you really are. It offers relaxation, peace, strength, harmony, self-confidence, and self-esteem. In short, insight and awareness, it leads to fulfilment and joy.

For whom?

For everyone who is interested in the power of the breath and wants to learn to use it for themselves and/or others. It is a wonderful gift to yourself, a very special deepening. The two basic modules also form the basis of the training to become a conscious connected breathing coach. After basic module 2 you can continue on to the Training Course and the Master.

Content of the retreat Module 1. and 2.

- Two to three breathing sessions per day
- Insight into your breathing pattern and its relation to your life
- Feedback on your breathing pattern and your sabotage patterns
- Attention for your process, learning to guard your own process
- Loving guidance
- Exchange, movement, use of voice
- Meditation, focus training
- Philosophy, anatomy, physiology of the breath
- Deepening through coaching and playing
- Different breathing techniques through your mouth and nose
- Being able to do and facilitate self sessions
- Developing trust in the breath for your growth and joy

What can you experience after this basic training?

Expansion in health, energy and a sense of wellbeing.

Deep and lasting reconciliation and acceptance of your past.

Increasing insight into yourself, your life and your (breathing) patterns and how you can move back, through the breath, to the love that you are.

You are most welcome.

Price Retreat/Training Course

Arrivals November 4 2022 in the afternoon, before diner.

€ 1,750 p.p. includes 6 nights, accommodation and full board.

The price is based on twin or tripple room sharing.

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