

1-HOUR CONSCIOUS BREATHING SESSION

Face to face session, sitting in chairs, one hour in total

8 phases in total

Phase 1: Initial Dialogue: 10 min

Phase 2-4: Conscious breathing / Processing: 30 min

Phase 5: Silence: 5 min

Phase 6-8: Completion conversation / Verbal integration: 15 min

Purpose of each phase

Phase 1 – 10 min (10/60 min)

Welcome, installation, formulation of session focus (dialogue around blockage / preoccupation, setting of the intention for transformation / resolution)

Phase 2 – 10 min (20/60 min)

Initiation and deepening of the conscious connected breathing cycle

Phase 3 – 10 min (30/60 min)

Verbal processing of session issue (to feel more, gently go deeper, go *with*, penetrate *into*, become one *with*...)

Phase 4 – 10 min (40/60 min)

Transform / transcend the issue / blockage (peace, space, luminosity)

Phase 5 – 5 min (45/60 min)

Integration phase (in silence)

Phase 6 – 5 min (50/60 min)

Sharing insights / understandings (avoid story line, focus on harvest)

Phase 7 – 5 min (55/60 min)

Look at how to apply the insights in daily life (commit to a concrete action)

Phase 8 – 5 min (60/60 min)

Close the session (sum it up, last words, payment)

