

How to enjoy this retreat to the fullest 🌟😄

- Trust yourself and your breath for the weeks to come and be open for a new type of experience
- Accompany the retreat with daily journaling to not only assess your breath when we get started but also to write about your experiences in different breathwork sessions
- Have a physical reminder to practice - e.g. a meditation pillow, a flower, a sound notification on your phone, a stone, whatever works for you
- Make breathwork a routine and practice daily at the same time: e.g. always 10-15 minutes after wake up and before going to bed
- Practice breathwork on an empty stomach
- Combine breathwork with physical exercise by first exercising and then doing breathwork → this will feel like a gym for body & soul 🌟😄
- Ask any questions you might have in the [private fb group](#) so that we can adapt breath exercises when ever needed
- Have fun while doing it and trusting the process ❤️ - breathwork might feel hard at first, please try it a few times as the experience is always different

