

CONNECTED

Breathwork for heart opening and self love

by Audra Bear

WELCOME TO CONNECTED

I am so excited you have chosen to take this step towards opening your heart and feeling some well-deserved love for yourself with this breathwork. Connected is a guided breathwork journey specifically designed to access and open your heart space so you can feel love for yourself and others. Breathwork is a great way to connect with yourself because it helps you to turn off the overthinking part of your mind, and drop into what you are really feeling. In this audio class, I will guide you step -by-step with my voice and the music so you don't need to worry about what to do, I'm right here with you

A FEW THINGS YOU SHOULD KNOW

1. When you are breathing in ways you have never breathed before, you may feel things you have never felt before. Physical sensations and emotions may arise and this is completely normal.

2. You are in control of this experience. You get to take this as deep and as far as you want to take. The deeper you breathe, the deeper this experience will take you. But if you feel uncomfortable for any reason, slow down or take a pause and come back when you are ready.

3. This is your time and space to show up for you. No one else can do this healing work for you, so make time and space for yourself!

WHAT IS INCLUDED

CONNECTED comes with 2 different guided breathwork audios to help you get the most out of this heart opening experience.

1. CONNECTED - 40 Minutes

This is a deep journey into the heart. I would recommend starting with this audio class and doing this once a week or as much as you feel is needed. This is a great one to do with your friends or your partner as well

2. CONNECTED - 11 minutes

is a daily guided practice. Do this every morning as a part of your morning routine to stay in this place of an open heart and self love.

WHAT YOU WILL NEED

This breathwork is done lying down on your back so I recommend you prepare a quiet, comfortable space to lay down and breathe. You can lay down on your bed, yoga mat, or floor. Whatever feels most comfortable to you. You can also have a blanket for comfort if you would like. This breathing technique is done all through the mouth so you may want a glass of water nearby as well. Feel free to grab your favorite crystals, light a candle or some palo santo and apply some essential oils as well. What ever makes you feel most calm and relaxed.

WHAT TO EXPECT

MENTAL

Our mind is designed to keep us safe. When you start to breathe in different ways, your mind may start to bring up questions, but after a few minutes, the rapid thoughts will subside.

EMOTIONAL

Our bodies are living libraries of everything that has ever happened to us. We contain and store emotion through out our life. Conscious breathing can help surface stored emotion so that we can be free of it's weight. In the process, you may feel some emotions that you haven't felt in a while. If you feel the urge to cry, laugh or scream, let yourself feel everything.

WHAT TO EXPECT CONTINUED

PHYSICAL

When you are breathing in ways that you have never breathed before, you may experience feelings or sensations that you have never felt before. Common sensations are heat or cold, tingling or energy moving through your body.

SPIRITUAL

Our breath is direct access to our higher selves or the Divine. You may receive insight or clarity on something in your life, you may see visions or colors...Just surrender to the experience and know that you are safe and loved.

THE BENEFITS OF BREATHWORK

Develop Self Awareness
Reduce Stress and anxiety
Improve Focus and Attention
Clear lethargy/ fatigue
Detox your body
Balancing the nervous system
Manage your pain
Increase creativity
Receive Divine Epiphanies
Increased Energy levels
Enhanced Consciousness
Trauma/Emotional release
Aid positive self-development
Boost immunity
Increase confidence,
self-image, and self-esteem
Increase joy and happiness
Overcome addictions
Release negative thoughts

THANK YOU FOR BEING HERE



I hope that CONNECTED inspires a deep sense of love and compassion for yourself. You deserve to feel love for yourself and remember that you are whole, complete and loved.

LOVE & GRATITUDE

To learn more about breathwork please visit
Audrabear.com