

feeling stuck, overwhelmed, anxious?



breathwork is the answer you've been searching for.

Join me as I guide you through a meditative breathwork session using the RESET Breathwork Method, which will help you release tension, stuck emotions, and thoughts that are keeping you bound in your negative patterns & habits.

What is RESET Breathwork?

A 3-part conscious connected breathing pattern that:

Recalibrates your nervous system

Elevates your vibration

Somantically releases stored emotions

Expands your consciousness

Transforms you into your most authentic self

75 minute guided workshop

\$35 per person

Bring your yoga mat & dress comfortably.

561-657-3609

V I C K I S T A R R

vicki@hotforholistics.com

Certified Breathwork Facilitator

**This is not your typical yoga breathing.*