



# “Let Go” and Change Your Life

## 9D Breathwork for Healing, Empowerment, and Success

### Who is it for?

This 6-session journey series is designed for individuals who are ready to let go of the past, reduce stress and anxiety, and reignite their personal power. Whether you're feeling worn out from life's pressures, seeking a path to abundance, or yearning for reconnection with your true self, this series provides a safe and nurturing space. It's perfect for both beginners and experienced individuals who are looking for deep transformation, healing, and empowerment.

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### Description

Embark on a transformative 9D Breathwork series that takes you on a powerful journey through six life-changing themes: **Letting Go, Stress and Anxiety Down-Regulation, The Full Reset, Abundance and Self-Trust, The Origin, and Unleashing Your Power**. Each session is carefully crafted to support emotional release, physical rejuvenation, and mental clarity.

You will explore:

- **Letting Go:** Releasing the grip of the past, healing emotional wounds, and rediscovering self-compassion.
  - **Down-Regulation for Stress & Anxiety:** Fostering calm and relaxation by engaging the parasympathetic nervous system to reduce stress.
  - **The Full Reset:** Revitalizing your body, mind, and spirit to start fresh with renewed energy and inner peace.
  - **Abundance & Self-Trust:** Dissolving financial limitations and unlocking your inherent ability to attract wealth and abundance.
  - **The Origin:** Reconnecting with your authentic self and clearing blockages that have kept you from fully embracing your potential.
  - **Unleashing Your Power:** Stepping into your personal power with confidence, resilience, and a clear sense of purpose.
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## Common Outcomes

Throughout the series, participants can expect to experience:

- **Liberation from the past:** Release emotional and physical burdens that have been holding you back.
  - **Deep relaxation and grounding:** Find balance and tranquility as you engage your body's natural healing response.
  - **Enhanced well-being and resilience:** Reconnect with your true self, cultivating forgiveness, self-love, and acceptance.
  - **Emotional and mental clarity:** Develop inner strength and emotional stability to navigate life's challenges with ease.
  - **Abundance and self-trust:** Transform your relationship with abundance, embracing prosperity and financial freedom.
  - **Renewed energy and personal growth:** Tap into new possibilities, unlocking empowerment and transformation in every area of life.
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## 6 Journey Series

**Where:** Golden Pathways Retreat and B&B

**When:** Thursdays - Choose 1 – 3:30 PM or 7 – 9:30 PM group – maximum 10 participants

**Dates:** Oct 17, 24, Nov 7, 14, 21, 28

**Price:** \$360 + HST

### Reserve Your Spot Today!

For more details or to sign up, visit [www.coachcora.ca](http://www.coachcora.ca) or contact us at:

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