

JOURNEY TO *Serenity*

A 40-day Breath Awakening
Sept. 8 - Oct. 13, 2025



with Breathwork Facilitator, Nurse, Yoga Teacher,
& Wellness Coach, Kimberley Stevens

Hello there :)

This expedition is designed to guide you on a path of deep healing, self-discovery, and inner peace. Whether you're looking to reduce stress, gain clarity, or reconnect with yourself, this journey is for you.

How you breathe reflects how you live: shallow & restricted? Or deep & expansive....

Prepare to embark on an immersive experience that will transform how you breathe, think, and live. I'm here to support you every step of the way.

Get ready to unlock the power within and embrace the life you're truly meant to live.

Much love,

Kimberley Stevens

Ready to begin?



Sign me up!

(or payment plan options
on last page)

@ [embark.wellbeing_\(IG\)](#)

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hello@embarkwellbeing.ca



What is breathwork?

The conscious manipulation of our breath for a desired result. And we can desire many results!

Who is this for?

Someone who is:

- Feeling burnt out or overwhelmed
- Feeling 'stuck' on your journey
- Struggling with stress and emotional exhaustion
- Dealing with unexplained chronic pain
- Stuck on a hamster wheel of life, feeling disconnected from yourself
- Healing childhood/life trauma
- Searching for a sense of inner peace and calm
- Dealing with anxiety, panic, or chronic stress
- Looking for a spark of creative inspiration
- Craving relaxation and a break from constant tension
- Wishing for more energy and vitality
- Trying to improve mental health and emotional well-being
- Wanting to deepen your spiritual connection and practice

Common outcomes:

- Reduced stress
- Relaxed muscles
- Trauma release
- Improved mood
- Increased energy
- Better sleep
- Enhanced concentration & focus
- Greater calm, coolness, and collectedness
- Emotional regulation during triggers
- Nervous system regulation
- Cardiovascular health boost



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How does breathwork work?

Our breath is more powerful than most people realize—it's the bridge between our body, mind, and spirit. By consciously altering how we breathe, we can unlock profound changes in our physical, emotional, and mental well-being. Here's why:

- Direct Access to the Nervous System: Our breath is one of the few functions in the body that is both automatic and under our control. By intentionally changing our breath, we can shift our nervous system from a state of stress (fight or flight) to one of relaxation and healing (rest and digest).
- Emotional Release: The way we breathe is directly connected to how we store and process emotions. Shallow, restricted breathing often holds tension and unprocessed emotions in the body. Deep, conscious breathing allows us to access and release these stored emotions, leading to greater emotional freedom.
- Increased Oxygenation: Proper breathing techniques increase oxygen flow throughout the body, which improves brain function, boosts energy levels, and enhances overall vitality.



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How does breathwork work?

- Mind-Body Connection: Breathwork creates a powerful connection between the mind and body. This practice can help quiet the mind, reduce mental chatter, and bring clarity to your thoughts, leading to improved focus and mental well-being.
- Spiritual Awakening: Many find that breathwork opens doors to deeper spiritual experiences, helping them connect with their inner self, find purpose, and access states of consciousness that lead to profound insights.

Breathwork is like a magic key because it works on multiple levels—physical, emotional, and spiritual—all at once. It's a simple yet incredibly effective tool that can lead to lasting transformation, helping you unlock the best version of yourself. It is something we all have FREE access to 24/7!! You just need to learn how to use it.

Sounding like a fit for you?



Have a question?

Sign me up!

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Reach out & ask me!

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What can I expect?

- Mon. Sept. 8. 12-2pm Breath Journey (in person or Zoom)
 - Mon. Sept. 15. 12-1pm Breath Mastery on Zoom
 - Mon. Sept. 22. 12-1pm Breath Mastery on Zoom
 - Mon. Sept. 29. 12-1pm Breath Mastery on Zoom
 - Mon. Oct. 6. 12-1pm Breath Mastery on Zoom
 - Mon. Oct. 13. 12-2pm Breath Journey (in person or Zoom)
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- These sessions will provide you with practical tools for life, empowering you to harness the transformative power of breathwork long after the journey ends.
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- All live calls will be recorded in case you can't make it live, & the breath mastery sessions are yours to keep for life. The Breathwork Journeys will be available for 30 days following the program.
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- The group program officially starts Sept. 8. You get immediate access to my library of meditations & breathwork tracks as soon as you register.
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- We also will have a private Whatsapp Group for additional coaching, support and Q + A, so I've got you covered.

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I breathe all day, everyday. Isn't breathing something I already know how to do?

While we all breathe naturally, many of us do so in a shallow or unconscious way that doesn't fully utilize the potential benefits of our breath. Breathwork focuses on consciously engaging with your breath to deepen and expand your breathing patterns. This practice can unlock new levels of relaxation, energy, and self-awareness, providing profound benefits beyond our typical, everyday breathing.

Will this help me feel better?

Absolutely! Breathwork is designed to help you connect more deeply with yourself and your body. Many people find that it significantly reduces stress, enhances mood, and increases overall well-being. By practicing breathwork, you can experience improved relaxation, energy levels, and emotional clarity, ultimately leading to a greater sense of balance and satisfaction in your daily life.

Can I do breathwork on my own after the course?

Yes! You will learn techniques that you can continue to practice on your own. Many participants integrate breathwork into their daily routines as a powerful tool for managing stress and enhancing overall well-being.



I have a busy schedule. How can I fit breathwork into my daily life?

Breathwork can be adapted to fit into any schedule. I provide practical tools and techniques that you can practice in as little as a few minutes a day. Even short, consistent practice can yield significant benefits. I'll also offer tips on integrating breathwork into your daily routine to ensure it complements your lifestyle.

What if I can't meditate or I've struggled with breathwork before?

It's completely normal to find meditation or breathwork challenging at first. This program is designed to guide you step-by-step, ensuring you build comfort and confidence. I offer personalized support and techniques tailored to your needs to help you find ease in your practice. The goal is not to completely silence the mind! I'll explain more in the program :)

What's the investment?

Ready to say hello and embody a calmer, more confident, inspired, grounded, & connected version of you?

Journey to Serenity is more than just a program; it's a chance to transform your life and equip yourself with tools that will benefit you long after the journey ends—literally for the rest of your life.

For context, working with me 1:1 is over 4 times this amount, so seize this special offer while it's available!

The full investment for Journey to Serenity is \$697, with flexible payment plan options.



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FAQ

I'm in!! How do I get one of the spots?

REGISTRATION: Click any of the links above.

PAYMENT PLAN:

There are 2 and 3 step payment plan options, ensuring anyone can join us.



[Payment Plans](#)

Please email me hello@embarkwellbeing.ca if you have any questions.

In light,

Kimberley



“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.”

– *Thich Nhat Hanh*