

JOURNEY TO *Serenity*

A 40-day Breath Awakening
Jan. 19 - Feb. 23, 2026

@embark.wellbeing



JOURNEY TO *Serenity*

A 40-day
Breathwork
Transformation to
Release Stress &
Awaken Inner Peace

January 19 - February 23, 2026

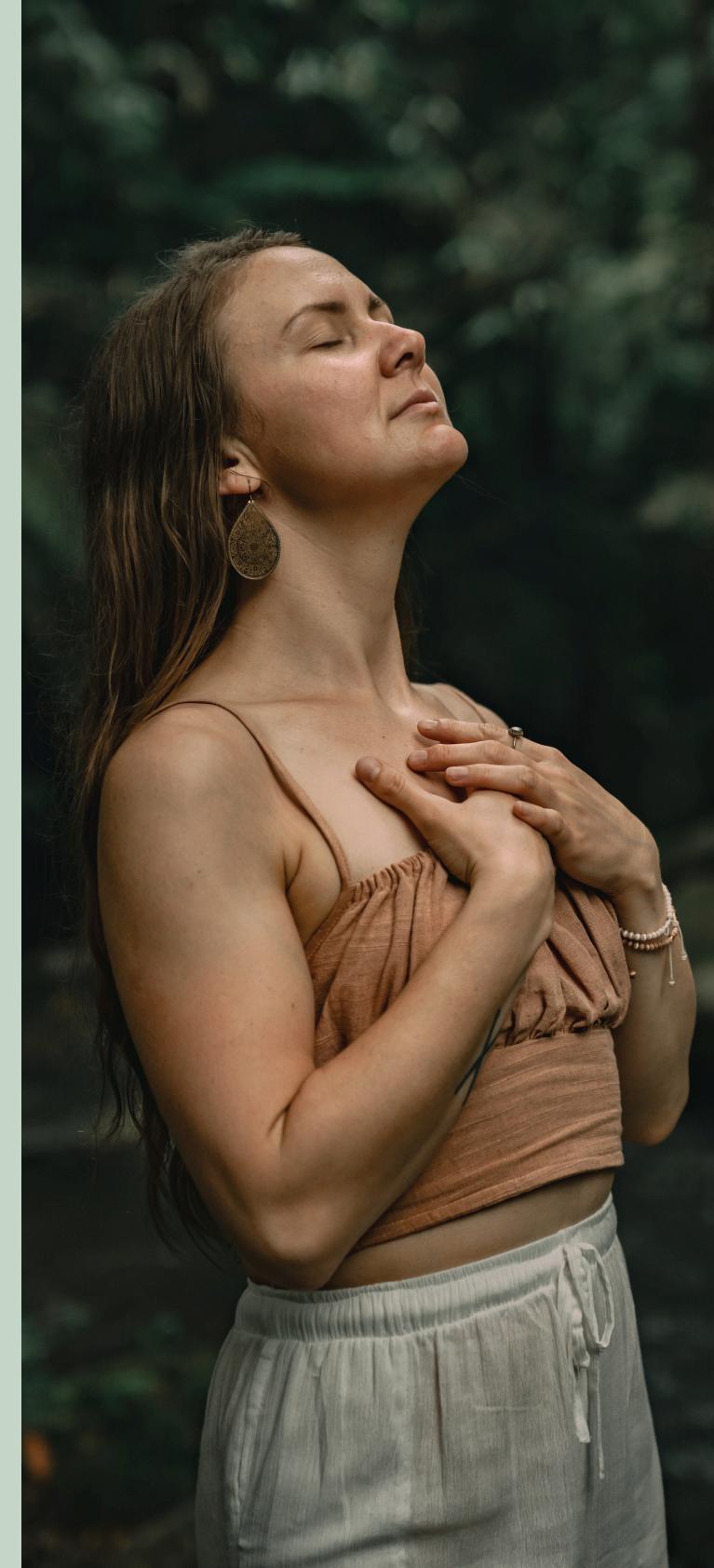


Do you ever feel like no matter how much you do, your mind just won't stop racing? Like you're gripping your way through life, waiting for the moment you can finally exhale?

This program is for you if you've been feeling anxious, scattered, stuck in your head, burnt out, disconnected, or simply craving more peace and clarity.

By the end of 6 weeks, you'll:

- **Release the stress** and overwhelm stored in your body
- **Feel grounded**, calm, and truly present
- **Reconnect** with your authentic self
- **Gain clarity** and emotional freedom
- **Learn a lifelong breathwork practice** to support you through *anything*



Kimberley Stevens



hello@embarkwellbeing.ca



What is breathwork?

Breathwork is a practice of awareness. By consciously engaging with the breath, you connect more deeply to yourself, release what the body has been holding, and open to clarity, peace, and freedom

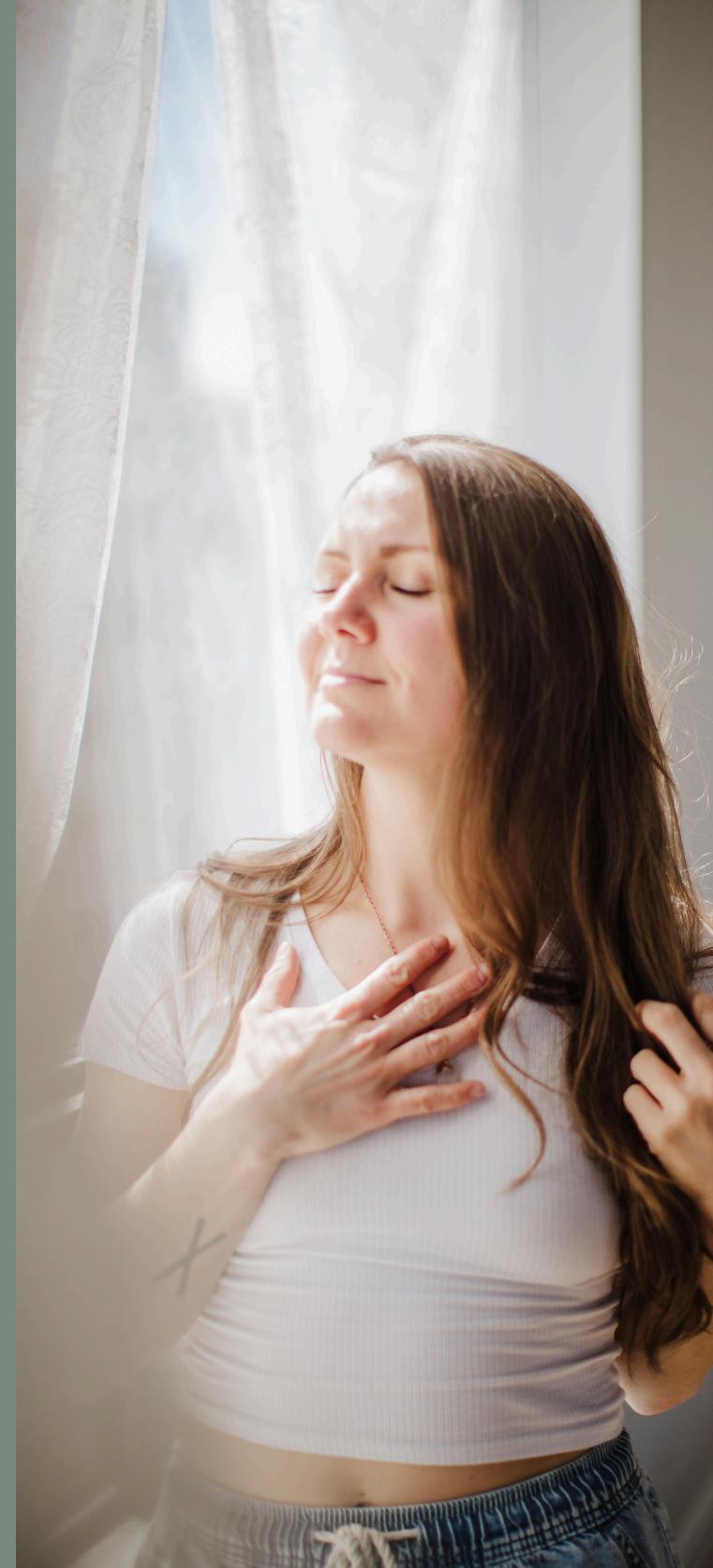
Who is this for?

Someone who is:

- Feeling burnt out or overwhelmed
- Feeling 'stuck' on your journey
- Struggling with stress and emotional exhaustion
- 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
- Desiring to improve mental health and emotional well-being
- Wanting to deepen your spiritual connection and practice

Common outcomes:

- Reduced stress + tension
- Sleep better
- Improved focus + energy
- Emotional healing + nervous system reset
- Greater calm + presence
- Spark creativity + vitality
- Cardiovascular health improvement



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How does breathwork work?

Our breath is more powerful than most people realize.

Here are 5 ways breathwork transforms you:

- 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 the physical, emotional, and spiritual levels – all at once.

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?

Reach out & ask me!

IG: @embark.wellbeing

hello@embarkwellbeing.ca



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Here's what others have experienced..

"What can I even say to encompass all that Kimberley does and offers? I have been delving into meditation and breathwork for a couple of years, and working with Embark has really shifted perspectives for me. She is vulnerable and shares pieces of herself, which allows the shedding of self-judgment and this idea that someone has to be 'perfect.'

I've been in a huge transitional period in my life these past few years, and Journey to Serenity has brought me back to myself. I now view my emotions, mind, body, and spirit as teachers, rather than obstacles that hinder my happiness. My inner knowing has been re-ignited, and it wouldn't have been without Kimberley's kindness, compassion, patience, and extensive knowledge. This program has truly changed my life. Winters used to bring a deep funk, often leading me toward SSRIs, but this winter was a game-changer. My whole mind, body, and soul have shifted. I'm focusing on healthier eating, moving my body, breathing, journaling, and meditating. Some days are still low, but nothing like before—they are teachable moments rather than the depths of darkness or feeling like punishment.

So thank you, thank you. You are a true gift in this lifetime. See you soon ❤"

— Shauna Kennedy. Mental Health Practitioner,
Somatic Therapist



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Here's what others have experienced..

"Journey to Serenity has been a place not only to connect with other women, but to reconnect with myself—and with my breath.

As women, we often put ourselves last. There's no time for a pity party, no time to tend to what's hurting, no time to acknowledge when we've lost pieces of ourselves along the way.

But in this space, I gave myself permission—to cry, to laugh, and most importantly, to hold space for me.

Kimberley has an innate ability to sense exactly what each of her clients need. For her, this isn't just a group class—it's deeply personal. If you're ready to do the work, Kimberley will be your greatest cheerleader. She won't let you fail. And I can promise you—this will be the most powerful journey you'll ever take. Guaranteed."

-Jodi Johnson



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What can I expect?

- x2 9D Somatic Breathwork Journeys.
(in person or online).
January 19 & February 23
- x4 live & recorded breath-mastery calls
every Monday at 12:00 pm CST (SK) via
Zoom. January 26 - February 16
- The group program officially starts January 19. You get immediate access to my library of 100+ meditations & breathwork tracks as soon as you register.
- We also have a private Whatsapp Group for additional coaching, support and Q + A, so I've got you covered.

Can't make it to everything
live? Don't worry —
everything is recorded



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JOURNEY TO *Serenity* FAQ

Isn't breathing something I already know how to do?

Yes, but most of us breathe shallow and unconsciously. Breathwork teaches you to breathe fully, giving you more energy, calm, and clarity than you've felt in years



Will this help me feel better?

Many people find that breathwork 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. It is encouraged that participants integrate breathwork into their daily routines as a powerful tool for managing stress and enhancing overall well-being.

JOURNEY TO *Serenity* FAQ

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. Remember, growth requires discomfort ;) 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.



JOURNEY TO *Serenity* FAQ

Ready to join us?!

REGISTRATION: Click the link in my bio, or email
hello@embarkwellbeing.ca

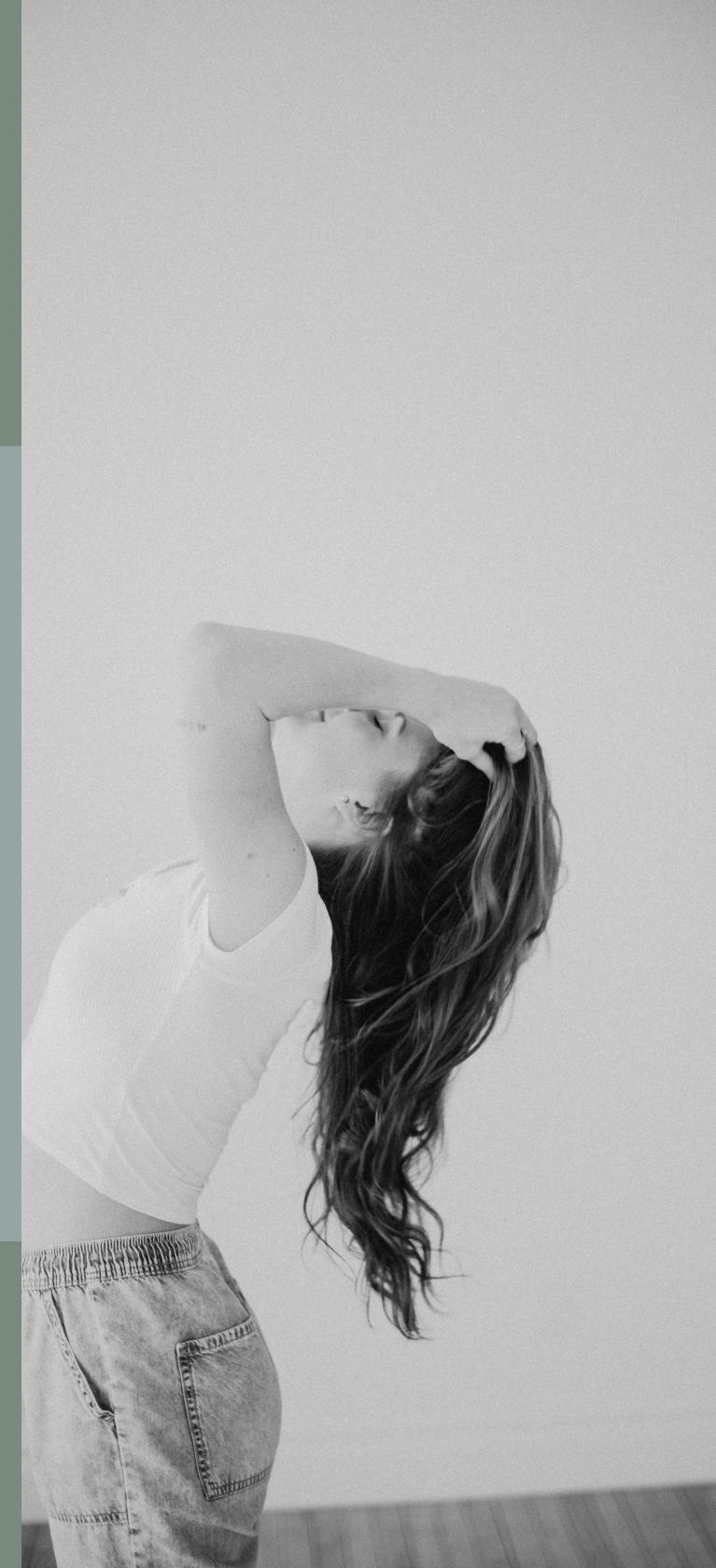
PAYMENT PLAN:

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

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

In light,

Kimberley Stevens



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

- *Thich Nhat Hanh*