

ACTIVATION JOURNEYS:

These journeys focus on activating breathwork that includes deep euphoric breathing, breath holds, and even primal releases such as screams. They are designed for emotional release, deep healing, and transformation.



FULL RESET (9D) (67 mins):

Ready to let go of the weight you've been carrying? This breathwork journey is all about full-body release—shedding the baggage (both physical and emotional) that keeps you stuck in old patterns. Through deep, intentional breath, we'll move through acceptance, gratitude, self-trust, and courage, creating space for something new. You'll break free from past programming, step into emotional resilience, and find a sense of inner peace that feels *real*. This is your reset—your chance to breathe, release, and reclaim your balance.

ABUNDANCE (9D) (72 mins):

To empower you in the art of releasing financial limitations. This immersive experience frees you from the constraints of old money narratives, shedding economic and mental hurdles that impede prosperity. Through abundance, self-belief, acceptance, and resilience, key themes coalesce, fostering financial metamorphosis. You dissolve the shackles of past money beliefs, experiencing financial freedom, peace, and restored equilibrium.

HEALING ANCESTRAL LINES (9D) (67 mins):

Break free from intergenerational trauma, the root cause of human suffering. This transformative journey is for those seeking to sever the chains of these struggles and halt the cycle of trauma. Unresolved intergenerational trauma manifests as chronic anxiety, depression, relationship challenges, and disconnection. Experience profound healing and resilience as you release these burdens. Rewrite your narrative, restore harmony within, and create a legacy of empowerment. (& CELEBRATE your ancestors!)

TRANSCENDING FEAR (9D) (82 mins):

For individuals prepared to confront & overcome their profound anxieties and fears. Perfect for those seeking a deeper exploration of resilience, this advanced experience offers insights that transform one's perspective on fear. If you're looking to face life's challenges with newfound courage, this is for you. As you traverse, you'll rewire neural pathways, granting a renewed perspective on harnessing fear as a tool for unparalleled growth. *Not recommended for first time in a breathwork journey.*

5 PRIMARY TRAUMA IMPRINTS (9D) (66 mins):

This journey is for anyone seeking to break free from intergenerational trauma, the root cause of all human suffering. Cut the cords of these struggles and cease the cycle of passing down traumas to future generations.

An immersive exploration dedicated to resolving the imprints of our childhood experiences. Delve deep into the healing process as we address the profound wounds of premature separation from love, rejection, abandonment, shaming, and lack of presence. These imprints, carried from our formative years, silently

shape our adult lives, revealing themselves through various challenges, including victim mentality, trust and intimacy issues, codependency, relationship struggles, emotional dysregulation, anxiety, depression, and more.

THE AWAKENING (9D) (69 mins):

Liberate yourself from societal confines and media narratives. Fasten your seatbelt to transcend the dream spell, uncovering your empowered, sovereign, and free self. Peel back layers, release past burdens, and bid farewell to negativity. Inspired by acceptance and gratitude, this haven sparks a rebirth, fostering emotional resilience and inner peace. Join this revitalizing expedition for sustained growth, authenticity, and the empowering truth of your sovereignty.

LETTING GO & MOVING ON (9D) (82 mins):

Liberate yourself from the confines of self imposed prison of stagnation and stuckness. Shed the burdens that have stalled your progress, paving the way for a future filled with new beginnings. Essential themes of release, renewal, and progression weave through the journey, propelling a transformative shift in the narrative of your life. Navigate this path to recondition neural pathways, cultivating a perspective that views letting go not as a loss but as the key to unlocking personal evolution.

THE ORIGIN (9D) (53 mins):

Designed for anyone feeling disconnected from their true essence, eager to let go of bodily tension and blockages. It offers a path to rediscover and return to one's center, to the authentic self, back to the very beginning of one's personal journey. This session is a sanctuary for those seeking to reestablish harmony and reconnect with their innermost being, inviting a profound reawakening to the core of who they are. Includes lots of empty space with minimal vocal guidance, allowing you to really drop into your own experience.

THE ORIGIN (9D) (Shortened) 35 mins:

Embark on the shorter, yet equally powerful version of *The Origin*, a condensed breathwork journey crafted to deliver a profound and impactful experience in less time. This session retains the most transformative elements of the original journey, blending a symphony of melodic vocals, chants, and tones with intentional breathwork to guide you into the depths of your essence. Designed for first-timers or when time is limited, this experience offers a sanctuary for self-connection, introspection, and release. Despite its shorter duration, the session delivers a complete arc: the build-up, the cathartic scream at the climax, and a soothing integration phase, all working together to ease tension, awaken self-compassion, and reestablish harmony. This journey is a portal to rediscover your center and reconnect with your authentic self, inviting emotional clarity, tranquility, and a transformative return to your truest potential.

RECONNECTING WITH YOUR INNER CHILD (9D) (72mins):

This journey is designed for those struggling to reconnect with their true selves due to childhood trauma and self-abandonment. It helps heal fragmentation caused by dissociation and avoidance, encouraging you to revisit and integrate the abandoned parts of yourself. Ideal for anyone ready to rewrite their self-narrative and achieve a deeper connection and self-love. A powerful, transformative experience. By partaking in this journey, participants will come out the other side feeling a sense of deep connection with themselves, a renewed perspective on their self image and life and a deeper love for themselves.

FROM FURY TO FREEDOM: A JOURNEY OF HEALING THROUGH SACRED RAGE (9D) (80 mins):

Buddha says: “Holding on to Anger is like grasping a hot coal with the intent of throwing it on to someone else, but you are the one that is getting burned”

This journey is designed to help people heal through the powerful catalytic transformative emotion of RAGE to move towards inner peace and the freedom of true accurate expression and communication. Breath holds are integrated with intent to activate the body and connect with the sensations of the energy of anger and rage. Powerful visualizations, NLP techniques, binaural beats, subliminal messages, affirmations are all part of this experience to create a safe and immersive experience for breathers to make peace with the wounded unexpressed parts of themselves, forging a path for inner peace and inner resolve.

Healing through rage will help develop more clarity for better articulation in communications, and self connection with self and others and transforming the power of these emotions to be able to connect with loved ones from a place of understanding and self compassion.

JOURNEY FOR RELEASING GUILT & SHAME (9D) (57 mins):

For individuals who are ready to release the weight of deeply ingrained guilt and shame. If you find yourself struggling with these powerful emotions - whether rooted in past experiences, relationships, or self-perception - this journey offers a path to healing and liberation. Through immersive breathwork, you'll be guided to delve deep into these feelings, uncover their origins, and begin the process of transformation. This journey is designed to help you cultivate self-acceptance, nurture self-compassion, and ultimately find a sense of inner peace.

YOU ARE ENOUGH (9D) (74 mins):

It's time to stop questioning your worth. This breathwork experience is designed to help you *feel*—not just know—that you are enough exactly as you are. Through deep, intentional breathing and powerful techniques, you'll break free from self-doubt, shake off old feelings of inadequacy, and step into a space of self-trust. This journey is a mix of release and reclamation—letting go of what no longer serves you while embracing the truth of your inherent worth. Expect moments of deep reflection, powerful affirmations, and a shift you can *feel* in your body. Because you are, and always have been, enough.

UNLEASH YOUR POWER (9D) (66 mins):

This journey theme is aimed at tuning people back in with their innate power and wisdom. Much like the full reset and letting go journey, it tunes the breather in with the things that are limiting them and helps them break through the glass ceiling of their limiting beliefs, stories, and old patterns that are keeping them stuck.

This journey reminds the breather of who they are.. Powerful, courageous, a force to be reckoned with. It unleashes the innate power within, and with this power activated, limitations no longer stand a chance.

THE INCEPTION (9D) (64 mins):

"The Inception" is for anyone feeling trapped in repetitive cycles, disconnected from their true self, or weighed down by the patterns and habits they have accumulated over time. This journey is an invitation to return to one's core essence, peeling back the layers of conditioning and subconscious programming to rediscover who they were before life's influences took hold. It's a path for those ready to release toxic behaviors and reconnect with their pure, authentic self.

Guided by a powerful vocal narrative, "The Inception" takes participants on a transformative journey back to the origin of their true selves. The journey is accompanied by an evocative narrative from the voice of a 6-year-old girl, embodying the inner child within each of us. Custom-written lyrics, paired with an original score, create an immersive soundscape designed to strip away layers of programming and reconnect with the essence of who we were before we absorbed negative beliefs, behaviors, and subconscious limitations. The experience concludes with the world's first 9D Crystal Bowl Sound Bath, providing an integrative sound immersion that grounds and completes the journey, solidifying newfound clarity and inner peace.

THE 9DMT TRIP (9D) (68 mins):

9DMT is a revolutionary 9D breathwork journey for those ready to explore psychedelic depths—without substances. Merging ancient shamanic wisdom with multidimensional sound design, this journey uses only the breath to open altered states, soften the ego, reconnect with the inner child, and initiate emotional and energetic rebirth. Whether you're new to breathwork or experienced with plant medicine, this session offers a grounded, powerful, and safe alternative to expand consciousness and shed emotional weight.

Featuring rare live recordings from a traditional Temazcal ceremony in Argentina—granted with permission by the Shaman himself—this journey carries the raw, sacred energy of purification and rebirth. Layered with vibrational, channeled vocals and a modified DMT-style breath pattern, you'll be immersed in soundscapes that mirror true psychedelic experiences. Expect ego dissolution, cathartic release, inner child healing, and the kind of soul-level shift that stays with you. This is not just a session—it's a full-body rite of passage.

PATH TO LIBERATION (9D) (67 mins):

The Path to Liberation is for anyone seeking freedom from addiction in any form — substances, emotional dependency, or patterns driven by pain and avoidance. Whether you're in recovery, walking alongside a loved one, or ready to break free from generational cycles, this journey offers a sacred space to meet your shadows, release shame, and reclaim your truth. It's about remembering your power and rising into a new chapter of wholeness.

Created by Mick Phipps and rooted in his own story of family addiction and healing, this 67-minute journey unfolds in the heart of a symbolic forest. Through breath, sound, spirit animal connection, and a fire release ritual, you'll be held in a powerful process of letting go—of guilt, fear, grief, and toxic cycles. This is more than a session. It's a rite of passage back to your authentic self... one breath at a time.

PRIMAL LEADERSHIP (9D) (56 mins):

This journey is for leaders, visionaries, and changemakers who are ready to shed the weight of expectation, reconnect with their inner fire, and embody grounded, authentic power. Ideal for anyone who has carried the burden of responsibility for too long - those ready to lead not from pressure, but from presence.

Primal Leadership is an awakening. It invites you to strip away the titles, masks, and expectations to rediscover the unfiltered, unshakable power that's always lived within you. Through conscious connected breath, emotional release, and deep embodiment, you'll move through resistance, face your truth, and rise from the inside out.

This journey is not about control — it's about surrendering to your primal essence. You'll be guided through moments of stillness and intensity, fire and freedom, until you remember that real leadership isn't found in force or perfection... it's found in your breath, in your truth, and in your presence.

SELF MASTERY & ENOUGHNESS (9D) (50 mins):

This journey is a dedicated somatic intervention for those who find themselves trapped in the "Never-Enough" loop—individuals who, despite their successes, are plagued by persistent self-doubt, a loud inner critic, and the habit of measuring their worth through external achievement.

If you struggle with the 90% of subconscious thoughts that carry a negative bias, leading to anxiety, social comparison, and a fear of taking risks, this 50-minute immersion is your technical override. It is for the seeker ready to stop being "small" and start training the mental fitness and emotional intelligence required to claim absolute ownership over their own value and potential.

THE EMERGENCE (9D) (57 mins):

This journey is for the person who feels like they've reached the edge of what the mind alone can solve.

The ones carrying pressure beneath the surface. The people who've worked hard on themselves, learned the language of healing, growth, spirituality, or self-awareness... yet still feel something deeper inside them asking to be felt, released, or revealed.

It's designed for people navigating emotional overwhelm, nervous system dysregulation, grief, burnout, identity shifts, spiritual expansion, or the quiet inner knowing that life is asking them to become someone new.

This is not passive relaxation. It's a deep somatic journey for people ready to stop avoiding intensity and start breathing through it. To meet themselves honestly. To cultivate the capacity to stay present with sensation, fear, uncertainty, release, power, surrender, and transformation.

THE RELATIONAL FIELD (9D) (63 mins):

This journey is for anyone standing at the crossroads of connection—whether you are deeply in love but feeling the "predictability" of time, or navigating a season of disconnection and "crunchiness" with your partner. It is for those who realize that the barriers to intimacy are often not in the other person, but within the walls they've built to stay safe.

If you struggle with withdrawing during conflict, lashing out to avoid pain, or "self-abandoning" by not speaking your truth, *The Relational Field* offers a sacred laboratory to dismantle these survival strategies. It is for the brave soul ready to take 100% responsibility for the "repair" and move from a state of protection to a state of profound, vulnerable connection.

HEALING THE MOTHER WOUND (9D) (111 mins):

This journey is for anyone carrying the weight of maternal relationships that felt unseen, unheard, or burdened by high expectations. It is specifically designed for the "people-pleasers," those who struggle with setting boundaries, and individuals ready to confront the suppressed anger or longing rooted in their childhood. If you are ready to stop carrying the emotional debt of previous generations and finally mother yourself with unconditional love, this is your sanctuary.

BLOOD MEMORY (9D) (61 mins):

This journey is explicitly architected for the **Generational Turnaround Agent** - the individual who carries an unexplainable weight, anxiety, or limitation that feels far older than their personal lifespan. It speaks directly to those who have spent years asking, *"Why do I carry this fear, scarcity, or rage when my own life doesn't justify it?"*

If you suspect that the emotional debt, silent grief, or survival patterns you carry were inherited rather than created, this container is your ancestral court. We target the painful frustration of carrying inherited familial armor, offering a direct, high-level psychological and somatic "hook" to finally lay down what was never yours to carry - so those who come after you can stand on clearer ground.

Blood Memory is a profound 61-minute ancestral clearing protocol that uses deep somatic breathwork, high-pressure retentions, and active archetypal imagery to cut the cords of intergenerational trauma. Guided into an ancient cave of human memory, participants track their bloodline back to its origin—confronting their maternal and paternal lines across a sacred, eternal fire.

HYBRID JOURNEYS:

These journeys blend both gentle relaxation and deeper breathwork, offering a mix of down-regulation and some energizing or emotional release breathwork.

AUTHENTIC SELF (9D) (75 mins):

This journey is for anyone seeking to reconnect with their authentic self and reclaim their personal sovereignty. Whether you feel weighed down by societal expectations, past conditioning, or self-doubt, this experience is designed to help you strip away the masks and step into your true essence. Perfect for those longing for self-trust, inner freedom, and the courage to fully embody who they truly are. It is especially beneficial for individuals ready to break free from limitations, let go of fear, and embrace their highest potential.

SELF-TRUST AND ABUNDANCE (9D) (72 mins):

For those who are ready to step into their full potential by reconnecting with their inner trust and aligning with true abundance. If you find yourself held back by self-doubt or limiting beliefs, this journey offers a transformative path to reclaiming your confidence and freedom. Through immersive breathwork, you'll be guided to release old patterns, tune into the frequency of abundance, and strengthen your self-trust. This journey is designed to empower you to embrace your ability to create, manifest, and navigate life with grace, leading you to a life of abundance and freedom

BREATHING BEYOND GRIEF AND LOSS (9D) (77 mins):

This journey is designed to gently and compassionately guide participants through the full spectrum of grief, returning them to a state of love. We start with 17 minutes of downregulation breathwork to create relaxation, calm, & safety. Following this, the active breathing session navigates emotions associated with grief & loss, from numbness to anger, blame, shame, guilt, remorse, and regret, ultimately leading to acceptance and letting go. The session integrates techniques such as subliminal messages, binaural beats, visualizations, NLP, and hypnosis to release stuck emotions and belief patterns. Participants will emerge feeling lighter, more connected, and with a profound sense of relief and acceptance.

SUBCONSCIOUS MIND REPROGRAMMING (9D) (52 mins):

This journey is designed to support individuals in reprogramming their subconscious mind. Participants are guided through gentle down-regulation breathing with short period of activation to prepare their mind and body for deep transformation. The session incorporates various techniques including subliminal messages, binaural beats for activating alpha and theta brainwave states, and visualizations to help release old limiting patterns and create new empowering ones. Participants will experience profound relaxation and heightened awareness as they explore and transform the garden of their subconscious mind, planting seeds for a brighter, more fulfilling future. Being, doing, & having whatever you want :)

(16 mins of active deep breathing)

STRESS & ANXIETY (9D) (67 mins):

Centered around the themes of calm, centeredness, clarity, and serenity, this expedition fosters a profound personal retreat. You'll shed the weight of accumulated stress, making way for mental clarity, peaceful repose, and rejuvenated balance. This soothing voyage serves as a foundation for continued mental wellness and resilience, bolstering the revelation of your calmest self. Embrace the quietude, enhancing your life with a renewed sense of peace and boundless tranquility.

Excellent for those new to breathwork, for anyone with health considerations that prevent them from engaging in more intensive somatic breathwork techniques, or anyone looking to manage stress and anxiety

FREEZE RELEASE (9D) (62 mins):

This journey is for the person who feels emotionally disconnected from life. Not overwhelmed. Not highly anxious. Just... switched off.

You may be functioning on the outside, showing up for work, family, and responsibilities, yet underneath there's a lingering sense of numbness, fatigue, emptiness, or a complete lack of motivation. The things that once lit you up no longer seem to reach you. Joy feels distant. Purpose feels muted. You know you're alive, but you don't fully feel alive.

Freeze Release was designed for those experiencing nervous system shutdown, emotional flatlining, burnout, or dissociation. If you've spent months or years surviving stress by disconnecting from your body, emotions, and vitality, this journey provides a safe, structured pathway back into feeling. Not through force. Not through motivation hacks. Through nervous system reawakening.

As the session unfolds, stagnant energy begins to move. Breath holds create moments of expansion. Vocal release helps unlock areas of suppression and self-protection. Rhythmic breathing generates momentum without overwhelm. What emerges is not a temporary high, but a gradual return to presence, sensation, and vitality.

The experience concludes with an extended integration phase that anchors awareness into the five senses, helping you reconnect with your environment, your body, and the simple experience of being fully here.

DOWN-REGULATION:

These focus on calming the nervous system, down-regulation, and relaxation techniques. Ideal for those who want to de-stress and unwind without deep, intense breathwork.

DOWN REGULATION & REGENERATION (9D) (47 mins):

A deeply restorative breathwork experience designed to soothe your nervous system, calm the mind, and bring you back home to yourself. This 9D journey blends science-backed practices with soul-level restoration — including guided breath, calming audio frequencies, visualization, and gentle subconscious rewiring to support your healing from the inside out. Unlike traditional breathwork that activates or energizes, this experience guides you into the parasympathetic state — the place where your body knows how to rest, restore, and feel safe again.

Perfect for:

Anyone experiencing stress, anxiety, or emotional overwhelm
Those who've done a previous journey and want to deepen their integration
Anyone craving stillness, softness, or reconnection with their inner calm

You'll leave feeling more grounded, more whole, and more like yourself again. No previous breathwork experience required — just a willingness to soften and receive.

9DMT Cellular Regeneration (9D) (50 mins):

9DMT: Cellular Regeneration is a deeply restorative journey for anyone seeking renewal—emotionally, physically, and energetically. Whether you're healing emotional wounds, releasing stress, recovering from burnout, or simply craving a full-body reset, this journey guides you back to your natural state of vitality, peace, and balance. Using a gentle down-regulation breath and

deeply immersive soundscapes, you'll access your body's innate wisdom to restore and recalibrate at the cellular level.

This journey takes you through a visualization of mystical landscapes—water worlds, crystal caves, ancient underwater cities—each infused with healing affirmations, loving transmissions, and a nurturing sonic frequency designed to soothe your nervous system and dissolve old tension. A powerful deep breath-hold sequence evokes a psychedelic-like state, allowing stuck energy and trapped emotions to clear. The result? Cellular renewal, inner clarity, and the felt sense of coming home to yourself.

ANCHOR TO PRESENCE (9D) (59 mins):

This journey is for anyone feeling scattered, overstimulated, or lost in thought. If you find yourself trapped in loops of overthinking, disconnected from your body, or overwhelmed by the demands of life—this session offers a sanctuary of stillness and clarity.

A 60-minute immersive breathwork experience designed to bring you back to the only place your power ever lives: the present moment. Through gentle, down-regulating breathwork, hypnotic guidance, and 432Hz sound therapy, this journey helps you slow down the noise of the mind and retune to the wisdom of your body.

Layer by layer, you'll dissolve past attachments and future anxieties, softening into a deep somatic awareness of now. This session is ideal for anyone seeking clarity, nervous system balance, or a reset into mindful living. It blends hypnotic affirmations, guided body scans, box breathing, and visualization to bring you into a state of relaxed presence and expanded awareness.

NERVOUS SYSTEM RESET (9D) (51 mins):

This journey is architected for the individual living in a state of "functional burnout"—those who have become so accustomed to a dysregulated nervous system that high-alert stress has become their baseline. It is for the over-extended professional, the parent carrying the collective weight of the household, or the healer who has forgotten how to tend to their own internal garden.

If you feel "constantly on," struggling with internal bracing (tight jaw, shallow chest), or unable to find the "off" switch even in moments of rest, this is your sanctuary. This journey serves the soul longing for a break from the relentless pressure to prove, defend, or conquer, offering a psychological "hook" into the part of you that remains untouched by the chaos of the world.

STILLNESS CODE (9D) (60 mins):

This journey is a lifeline for the "hyper-stimulated"—the individual living in a world of constant pings, deadlines, and mental chatter. It is for those who find it difficult to simply sit still, those who feel "tired but wired," and anyone seeking to reclaim their capacity for deep, restorative silence.

If you are craving a break from the "doing" and are ready to settle into the "being," *The Stillness Code* provides the neurological permission you need to drop your guard. It is for the soul that knows that the most powerful answers are not found in the noise, but in the space between the breaths.

BREATH ALCHEMY JOURNEY:

A transformative breathwork experience created by Kimberley to release, reset, and reconnect.

Through conscious breath, healing music, sound, and energy work, you'll be guided to let go of what's been weighing you down and return to a deep sense of clarity and calm. Together we create a safe and powerful space for emotional release, nervous system reset, and inner renewal. No headsets. No distractions. Just you, your breath, and the supportive energy of the group.