

BreatheViking



BreatheViking 9D Online Journeys (Zoom)

Deep Nervous System Reset Through Sound, Breath & Awareness

A transformative audio and breath journey combining tonal frequencies, guided breathwork, and nervous system regulation.

✨ Single Sessions

• 40 min – Down Regulation

Calm the nervous system, release tension, and return to balance.

Price: \$59 / €55

• 70 min – Up Regulation / Hybrid

Recharge energy, sharpen focus, and regulate inner chaos.

Price: \$89 / €82

☀ Session Packages

5-Session Journey

Build resilience and clarity through weekly nervous system resets.

Price: \$249 / €229

10-Session Journey

Deep transformation with structured breathwork guidance.

Price: \$449 / €415

🔪 Blended 10-Session Journey

Perfect blend of activation and calming breathwork designed for lasting results.

You get:

- 10x 9D sessions (40–70 min)
- 3x 1:1 Nervous System Coaching Calls (30 min)
- Ongoing support and guidance between sessions

Price: \$649 / €599

(Approx. 20% saving compared to single sessions)

💖 12-Week Online Deep Reset (Live on Zoom)

Goal: Steady calm, deep release, nervous system mastery, and lasting transformation.

Curriculum:

1. The Origin – Power of Breathwork, mind-body integration

2. Letting Go – Emotional release
3. Stress & Anxiety – Regulation module
4. 5 Primary Trauma Imprints – Awareness & release
5. Full System Reset – Somatic clearing
6. Healing Ancestral Trauma – Resilience
7. Subconscious Reprogramming – Belief shifts
8. Journey for Awakening – Integration
9. Anchor to Presence – Mindset mastery
10. Inner Child – Reconnection & nurture
11. The Sovereign Breath – Ownership
12. Unleash Your Power – Forward flow

You get:

- 12x 9D sessions (avg. 60–75 min, with intro + integration = 90–120 min)
- 2x 60-min Integration Calls (week 6 & 12)
- Weekly journal guidance & aftercare practices

Price: \$949 / €875

Early Bird (first 10 seats): \$819 / €755

Bonus: 1x 30 min private nervous system calibration session

Testimonial

"My cortisol levels were lower than they had been in a very long time, and the pain and stiffness in my back were completely gone."

— Magnus

"I didn't know what to expect, but the experience far exceeded anything I imagined. I felt transported to another level. My body was vibrating in a completely different frequency. I reconnected to forgiveness, love, and finally let go of long-held anger."

— Sarah

Who It's For

- People in stress, burnout, or emotional disconnection
- Parents and entrepreneurs seeking energy and focus
- Those wanting to reconnect with their body and breath

Safety & Contraindications

9D Breathwork is a safe and profound tool for those in good health. However, consult your doctor before participating if you are pregnant or living with cardiovascular disease, high blood pressure, epilepsy, PTSD, bipolar disorder, or serious respiratory conditions. Participation is at your own responsibility.

9D Breathwork is not a medical treatment, but a powerful somatic aid that complements daily breath training for optimal nervous system health.

Book a Free 15-Min Discovery Call: connect@breatheviking.com

Instagram: @BreatheViking

Web: www.breatheviking.com