

Giovanni Bartolomeo - Elemental Rhythm Breathwork 2025



Module 1: August 20, 2025

Clarity & Decision – Choosing the Life You Desire

Your journey begins with a return to truth — not through surface-level thinking, but by aligning your entire being with the life you're meant to live.

In this foundational session, explore **the 7 key areas of your life — relationships, health, career, finances, purpose, creativity, and spirituality** — with honesty and curiosity.

Learn how to **move beyond the conscious mind and drop into the vibration** of who you choose to become, using Elemental Rhythm's transformative breathwork practices to shift brainwave states and activate a deeper, more intuitive clarity.

This transformative technique is about aligning with vision through **the intelligence of the body**, not forcing goals through willpower alone.

Rather than simply visualizing the future, **enter a full-body experience** of it — tapping into the “why” beneath your desires — connecting with the frequency of abundance and possibility.

Write a powerful **Future Self Letter** to anchor your insights — creating an energetic blueprint for the path ahead.

In this module, you'll:

- Explore the difference between **aligned vision** and externally driven goals
- Feel and breathe into the frequency of the **future version of yourself**
- Use breathwork to **bypass mental blocks** and access embodied insight
- Write your **Future Self Letter** to connect with your purpose on a cellular level
- Experience a guided **heart-centered breathwork** journey to activate your vision
- Learn the power of decision as **an energetic anchor**
- Begin an **integration practice** to lay the foundation for your nervous system — pause, breathe, notice.



Module 2: August 27, 2025

Breakthrough & Healing – Embracing the Heart of Your Inner Child

To move forward with clarity and intention, you must make peace with where you've been and **deepen awareness of what you're holding onto** — with presence and compassion.

This deeply nurturing Elemental Rhythm flow journey is designed to **reconnect you with your inner child** — the unguarded, unfiltered version of you who may still be carrying unspoken wounds. Unlike mental processing or analysis, breathwork allows you to **bypass the mind and drop directly into the heart**.

According to Gio, during this practice, “Many participants find they don't just remember their inner child — they see and feel them clearly.”

This creates a powerful opening for **emotional release, self-forgiveness, and healing**. Paired with tools like gratitude and **a guided Ho'oponopono practice**, an ancient Hawaiian forgiveness ritual, begin to clear old patterns and create space for trust.

This is not about *reliving* the past, but *meeting* it with a new presence, in order to evolve. As your breath leads you inward, you may feel memories or emotions rise — not to overwhelm, but to be witnessed and released in **a safe, supported space**.

In this module, you'll:

- Discover how emotions become stored in the body — and how breathwork gently unlocks them
- **Reconnect with your inner child** as a source of softness, trust, and authenticity
- Engage in **gratitude and forgiveness practices** to clear emotional residue
- Deepen your transformation through a longer breathwork session designed to **open the heart**
- Integrate the **practice of Box Breathing + gratitude journaling**, focused on building inner safety and to anchor healing



Module 3: September 3, 2025

Belief & Identity – Reclaiming Your Inner Power & Self-Trust

Now that you've opened your heart and reconnected with your inner child, reclaim your power by rebuilding the foundation of belief — **the invisible architecture of who you think you are**.

Gio will help you explore the ways your beliefs — even hidden ones — **shape your identity, influence your decision-making**, and impact your energy.

Often, the **stories you carry** were inherited or unknowingly developed due to your environment growing up, and may not serve your present-day higher good.

Through **guided reflection** and a potent Elemental Rhythm Breakthrough breathwork session, begin **aligning your emotional body and nervous system**

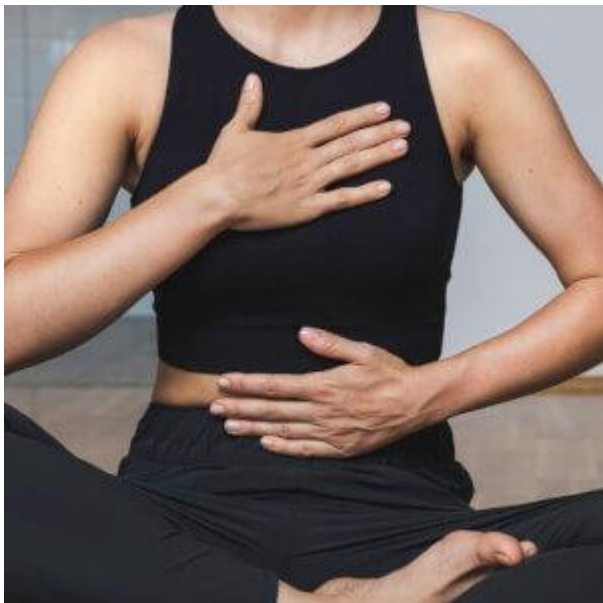
with who you're becoming. Breath helps you **feel into a new identity** — not as a concept, but as a present-moment reality you can begin to embody now.

By revisiting challenges you've already overcome and recognizing the strength that carried you through them, start to **rewire stories of self-doubt into narratives of resilience and self-trust.**

Stop waiting for permission and begin living as the future version of you who already knows how to lead, create, and choose differently.

In this module, you'll:

- Understand **how identity is formed** — and how outdated beliefs can limit your growth
- Engage in a breath journey to **activate personal power** and self-trust
- Explore the role of **emotional safety** in rewiring your internal belief system
- Begin embodying the “new you” through the act of **remembering your inner strength**
- **Anchor new beliefs** somatically, not just mentally
- Receive an integration practice — **nasal breathing to build inner strength** and energetic focus



Module 4: September 10, 2025

Awareness of Core Beliefs – Seeing the Subconscious Clearly With Compassionate Inquiry

Pull back the curtain and reveal the deepest recesses of your mind. Engage in **guided inquiry, reflection, and breathwork** to discover the hidden beliefs that may have unknowingly shaped the patterns playing on repeat in your subconscious.

With compassion and curiosity, begin to separate your core truth from **outdated programming that doesn't serve you**. As your awareness deepens, gain the ability to **witness the stories** that have silently impacted your past, present, and future.

Learn how to meet those old beliefs with curiosity — and not judgment.

Through a powerful rhythmic breathwork journey designed to **deactivate the default mode network** and open access to your subconscious, use specific prompts embedded within the meditation and guide your awareness to **the root of your patterns**.

Practice **compassionate inquiry** — inviting the body, mind, and breath to reveal what's been running silently in the background — and illuminate core and limiting beliefs that were often inherited, conditioned, or created in survival mode.

The goal isn't to change them yet, but bring them fully into the light, where **transformation becomes possible** in the modules to come. By finally seeing what's been unseen, the path forward will become clear.

In this module, you'll discover:

- How **subconscious beliefs** form and run your emotional life
- How deep and rhythmic breathing allows you to **go deeper to reveal hidden belief loops**
- How to bring awareness to beliefs in real time
- Engage the first steps to **conscious reprogramming**
- An integration practice — **belly breathing + diaphragm activation** to tap into deep presence and nervous system reset



Module 5: September 17, 2025

Subconscious Reprogramming of a New You – Rewiring From Truth, Not Fear

This is the turning point. Your newfound awareness will unlock different options and possibilities, so you can **choose again**. With Gio's guidance, use repetition, breath, and emotion work to **install new empowering beliefs**.

At the same time, **break old neurological loops** and begin to embody your true inner nature. Now that you've uncovered the hidden beliefs influencing your life, begin the process of **reprogramming your mind and body**.

Shift from unconscious patterns, often rooted in old conditioning, into a life aligned with your truth and boundless potential. Experience a **dynamic breathwork journey combined with guided visualization and somatic anchoring**, and enter the receptive space of the subconscious — where real change happens.

This process invites you to **redirect your awareness** away from your mind's habit of scanning for fear, limitation, or danger — and instead, focus on the proof that your growth, self-worth, and capacity to thrive have been ever-present.

Breath will serve as the bridge **from knowing to embodiment** — supported by nervous system integration — and anchor these new beliefs into your body and mind, as your natural way of being.

Reprogram from the root level, and begin to solidify long term change, eventually rippling through every area of your life.

In this module, you'll discover:

- Repetition + emotion + visualization — **the formula for inner change**
- How to **create new sustainable beliefs** aligned with your truth
- A breath journey to install and **reinforce new identity** and beliefs
- A daily process to continue shifting your beliefs from the old to new
- An **integration practice — 1:2 Breath + nervous system tracking** to identify and shift when you're in yellow/red states



Module 6: October 1, 2025

Mastering Self-Attunement – Listening to the Body’s Wisdom

Discomfort isn’t random. Usually it signals unmet needs. Learn how to track, name, and honor your emotional and energetic needs.

Breath will become the **listening tool to open awareness and dive deeper** into solutions that already exist within you. Discover how to truly listen to what your body, heart, and nervous system have been asking for all along.

Too often, when needs go unmet, you may unconsciously create beliefs or behaviors to compensate. Or vice versa — a limiting core belief can distort how needs are expressed, sometimes in ways so subtle you don’t even recognize.

Yet when you slow down, breathe, and tune in, those **needs become clear** — as do the ways to meet those needs in new, healthy, supportive ways.

Through a comprehensive breathwork journey paired with guided somatic inquiry, learn how to **track your emotional and physical signals**, differentiate between fear-driven impulses and authentic needs, and **create strategies** for honoring what arises.

This is a foundational practice in **self-attunement and sovereignty** — one that reminds you that your body holds the wisdom to guide you back to balance, always.

In this module, you’ll discover:

- How to **discover your unmet needs**, however subtle
- How to **create long-term strategies** to meet your needs
- The link between unmet needs, emotional reactivity, and core limiting beliefs
- The **somatic wisdom** of the breath as an internal compass

- A breath journey to **reconnect to needs, desires, and boundaries**
- An integration practice — **physiological sigh + somatic processing** to shift through stress, stuckness, or inner noise



Module 7: October 8, 2025

Faith & Integration – Anchoring Your Vision With Embodied Devotion

Close with an enlightening return to your vision — but now you see it through the lens of devotion, not striving. No longer becoming, but **remembering**.

Through breath, stillness, and celebration, anchor into who you are now, and **trust what's next**. The vision you'll create will shift from fear to faith, where everything becomes possible.

Return to the vision you initially created when you began — although now, it'll be from **an entirely new foundation of embodiment**, clarity, and inner knowing, where everything weaves together. There, shift from striving to devotion, and from questioning to trusting.

Through an integrative breathwork experience, **anchor the identity, beliefs, and emotional truth** you've cultivated over the past six weeks within your body and mind — moving from fear into faith as a lived experience. Reflect on how much has shifted — your nervous system, sense of self, and connection to your truth.

Receive a tool to continue refining your vision as life evolves — along with a daily breathwork practice to support continued integration and accelerate your transformation. Finally, revisit and **rewrite your Future Self Letter** from this grounded place, witnessing how your vision has expanded.

You'll walk away from this journey with immense clarity, and trust in what's unfolding next.

In this module, you'll discover:

- A closing breath journey to **embody your next chapter** of life
- A reflection on how your nervous system, identity, and truth have shifted
- Space for **a final rewrite of your Future Self Letter**
- **Practices** for continued **mind-body and spirit alignment**
- A weekly **integration practice — evening wind-down, box, sigh, 1:2 + sleep hygiene** — to support recovery, integration, and daily devotion

SPECIAL BONUS OFFER

When you register by Thursday, August 14, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Giovanni's transformative 7-module course — and deepen your understanding and practice even further.



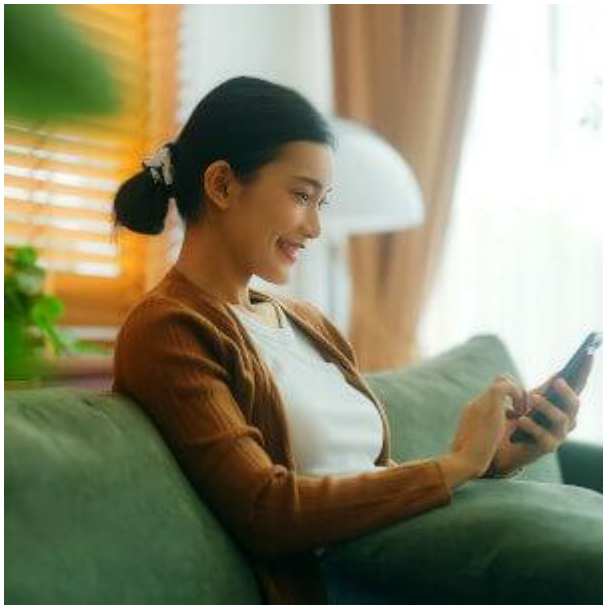
Bonus: Expires August 14

The Subconscious Mind and Reprogramming

A 30-Minute Video Dialogue With Thais Gibson

Dive into a rare, heart-opening interview with Thais Gibson, a leading voice in the field of emotional transformation, founder of The Personal Development School, and creator of *Integrated Attachment Theory*. In this enlightening session, learn how the subconscious mind forms patterns, discover ways to rewire limiting beliefs, and explore how your personal attachment style affects your relationships and self-perception. If you've ever felt as though you're repeating the same emotional cycles, this conversation gives you the tools and awareness to begin shifting from the inside out.

Plus... you'll receive these bonuses too!



Bonus

90-Day Full App Membership

Elemental Rhythm App Access

Think of this as your personal breathwork toolbox. Gain full access to Gio's Elemental Rhythm® Breathwork app for 90 days, while you're enrolled in the course. More than 50 transformational breathwork experiences support you every step of the way, from stress relief and nervous system regulation to deep emotional release and daily motivation. Whether you need a 5-minute reset or a full immersive journey, it's all here.



Bonus

Creative Visioning Process Workbook

E-Workbook From Giovanni Bartolomeo

This in-depth workbook serves as a trusted companion for designing the life your heart truly desires. Through guided prompts, vision-mapping exercises, and inner reflection tools, gain perspective on where you are in the present moment — and where you want to go in the future. When paired with the accompanying breathwork journeys, this process becomes even more dynamic. Breathwork helps you move beyond your analytical mind into an embodied state where your future vision is felt, not just imagined — activating the frequency of cellular level transformation. More than a goal-setting tool, it's a sacred space to align your inner world with the life you're ready to create.