

# The Breathing Room: Breathe, Heal & Connect

Connect deeply, Feel, and Heal yourself with a supportive community

## Is Stress, Anxiety, or Overwhelm Weighing You Down?

Do you wake up feeling anxious, disconnected, or emotionally drained? The heaviness of stress and overwhelm can feel inescapable, making it hard to find calm, focus, or joy in your day. When your nervous system is activated it can feel hard to be calm and feel at peace.

## Imagine This Instead...

Picture waking up each day feeling:

- **Calm and centered**, ready to face the world with clarity.
- **Emotionally balanced**, moving through challenges with ease.
- **Confident and connected**, in control of your emotions and your life.
- **Nervous System Regulation**, learning how to find balance in life.

With **The Breathing Room**, this reality is within your reach.

## What Members Are Saying



## Does This Sound Like You?

- Do you feel trapped by racing thoughts and emotional overwhelm?
- Are you stuck in a cycle of reactivity, longing for calm and focus?
- Do you crave a sense of balance but feel unsure where to start?
- Are you longing for connections and like-minded people to talk to?

## The Truth

You're not stuck because you can't change, you're stuck because the fear of facing your emotions feels bigger than the freedom waiting on the other side.

But transformation isn't as hard as it seems when you have the right tools and support.

Breathwork is an incredible tool that can support your healing journey. It can complement movement, meditation, journaling, or any other healing modalities that you use.

## What's Included in The Breathing Room

Your monthly membership includes:

- **2 Live Breathwork Sessions:** Delivered on Zoom every 2nd and 4th Tuesday evenings, paired with soothing, intentional music.
- **1 Bitesize Breathwork Recording:** Sent to you on the 3rd Tuesday of each month around lunchtime, offering a deeper dive into the monthly themes.
- **NEW 1 In-person session:** Complimentary access to the newly added In-person monthly sessions in Banchory.
- **Access to a Private WhatsApp Group:** Stay connected with a supportive community between sessions.
- **12 Monthly Themes for Transformation:** (Discussed in the 2025 Coaching Calls)
  - Setting Powerful Intentions for Lasting Change
  - Rooted in the Present: The Power of Grounding
  - Finding Peace in Stillness
  - Mastering Your Mindset for Transformation
  - The Impact of Words: Speak Life into Your Journey
  - Transforming Your Thoughts: From Limiting to Empowering
  - Breaking Free from Your Comfort Zone
  - The Art of Allowing: Trusting the Flow of Life
  - The Power of Acceptance in Every Moment
  - Embracing Your Emotions with Grace
  - Tapping into Your Inner Knowing for Clarity
  - Conquering Fear: Turning Doubts into Strength

## Why Join Now?

Act now and lock in your membership at **£27/month (soon to be £36)**

## Who Is This For?

This is for you if:

- You're ready to heal, grow, and reconnect with yourself.
- You're seeking a community to support your spiritual and emotional journey.
- You're prepared to step out of your comfort zone and lean into vulnerability.

This is NOT for you if:

- You're not ready to look inward and embrace change.
- You prefer to stay in your comfort zone and avoid the work of self-growth.
- You don't feel ready to face your emotions and need to do a little more work before taking this step.

## What Members Are Saying



## Join The Breathing Room Today

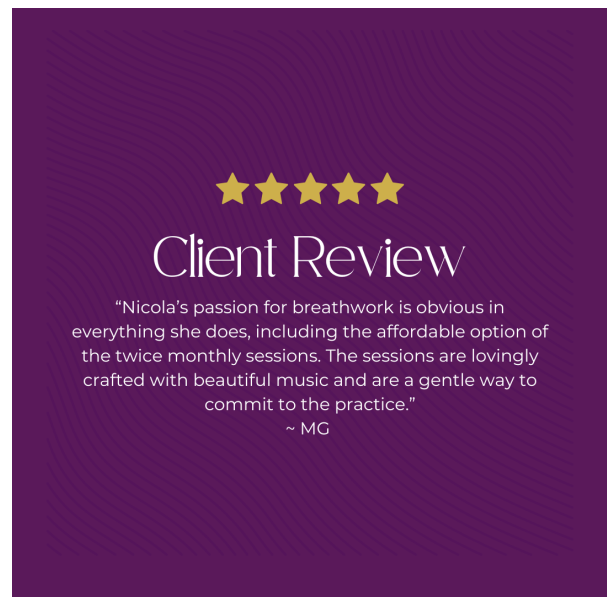
- **Your Investment:** £27/month.
- **Delivery:** Online group sessions via Zoom & NEW In-person session.
- **Commitment:** Flexible – cancel anytime.

## Take the First Step Toward Calm and Clarity

Transform your relationship with stress, reconnect with your emotions, and experience the life-changing power of breathwork. Come and join the community now:

[Join The Breathing Room Now](#)

## What Members Are Saying



## About your teacher:

**Hi, I am Nyx.**

**I help those who are not in their heart space and feel untethered to see their worthiness again.** I empower my clients by guiding them through the practice of breathwork to release their stuck unprocessed emotions and traumas.

***Breathwork changed my life – and I know it can transform yours too.*** By giving you the permission you need to be free, we will loosen your emotional valves, help you find your heart space, and wake you up to a new life full of endless possibilities.

It will be such an honour to help you on your journey.

