



Breath and Beyond Membership: Full Details

Welcome to Breath and Beyond!

An exclusive membership designed to support your personal growth, clarity, and well-being through transformational breathwork and deep coaching.

What You Get as a Member:

1. Monthly Online Conscious Connected Breathwork Session

- A powerful session to help you release stress, gain clarity, and reconnect with yourself.
- Additional breathwork sessions focusing on clarity, intuition, flow, loss, and connection.

2. Monthly Live Coaching Session

- A group coaching call with hot-seat opportunities for those working through specific challenges.
- Gain insights, strategies, and support to navigate personal and professional obstacles.

3. Exclusive Founding Member VIP Online Session

- A special kickoff session to set intentions, connect with the community, and experience a taste of what's to come.

4. **Ongoing Support & Insights**

- Regular journal prompts, thought-provoking insights, and practical tools to keep you inspired and accountable.
- Stay on track with your personal growth without feeling overwhelmed.

5. **Private Community Space**

- A dedicated space and Whats APP, where you can connect, share, and receive support from like-minded members.
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Membership Investment:

- **Member Offer:**
 - Join now for just [£57/month](#), locked in for life (regular price £97/month).
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Why Breath and Beyond is Different:

- No overwhelming content—just what you need to stay inspired and focused.
 - A supportive, high-value space without the fluff or gimmicks.
 - A unique combination of breathwork and coaching, offering real transformation.
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How to Join:

1. Secure your spot via [this link](#).
2. Choose your membership option ([monthly](#) or [lifetime](#)).
3. Get ready to experience personal growth like never before!

If you have any questions, feel free to reach out. I can't wait to welcome you into this incredible journey.

About Me

Hi, I'm Sam Adams – a life coach, breathwork facilitator, and someone who's been on a personal development journey for 25 years. I've spent the last 8 years as a life coach and 5 years as a certified conscious connected breathwork facilitator.

Breathwork has had a profound impact on my own life, helping me find my way back to myself when I felt completely lost, and it continues to be a powerful tool for transformation. I run workshops, events, and Reset Days in the Brighton and Worthing areas, where I guide individuals and groups through transformative breathwork sessions.

Whether I'm helping clients clear stuck emotions, find calm in overwhelm, or simply get better sleep, I'm incredibly passionate about the power of breathwork and coaching to help people reconnect with themselves.

If you'd like to learn more or have any questions, feel free to reach out!

