Alchemia Breathwork Hydrotherapy

Breathwork in the Water

Using Breathwork as a tool to transmit and amplify energy for self-healing

1. Breathwork in the water to create a multi-level influence
2. Experience the trust of life and embrace the process of dis-ease
3. Understand the breathwork process integrated with other modalities to bring about transformation
4. Breathwork as an adjunct to massage, energy work, or HypnoSynergy