the Healing Journey

Discover the Power of Breathwork

One-to-One Online Breathwork Sessions

Each 60-minute private session is held online and includes guided breathwork, intuitive energy healing, and personalized support to help you release emotional blocks, reduce stress, and reconnect with your inner wisdom. You'll also receive a recording of your session for continued reflection and integration.

Investment:
Single Session: £90
5-Session Package: £400 (save £50)
(Payment plan available – two instalments of £200)

Booking a package supports deeper transformation and lasting change over time.

Curious to Learn More?
Book a free 15-minute discovery call to see if we're a good fit. This is a no-pressure space to connect, ask questions, and feel into whether the energy and approach align with your journey.

https://www.thehealingjourneys.net/

what is conscious connected breath

A technique that involves continuous breathing, in and out through an open mouth, with no pause in between inhaling and exhaling.

practical information

- Each session is an hour long and is conducted live or online via zoom
- Wear relaxed clothes and only eat lightly before the session.
- Find a place to lie down or sit comfortably and undisturbed.
- Use good headphones or speakers for the music and guidance.
- Bring a blanket as body temperature may change during breathwork.
- The practice is done with your eyes closed.
- No previous experience needed.

contraindications

Breathe through the nose if you have any of these conditions:

- Epilepsy, Heart conditions or arrhythmia
- High blood pressure
- Delicate pregnancy
- Bipolar disorder, schizophrenia, or psychosis. Glaucoma or detached retina
- Recent surgery or injury

what are the benefits

- Reduces Stress and Anxiety
- Enhances Mental Clarity
- Emotional Release
- Increases Energy Levels
- Promotes Mind-Body Connection
- Improves Sleep Quality

your facilitator

With a passion for holistic wellness, Nadia guides individuals through powerful healing journeys. As a certified breathwork facilitator and holistic health practitioner, Nadia blends breathwork, sound healing, energy work, and therapeutic counseling to help clients release emotional blockages, reduce stress, and reconnect with their inner strength. Through The Healing Journey, Nadia creates a compassionate space for growth, self-discovery, and lasting well-being.

Contact Nadia
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