



TRANSFORMATIONAL BREATH COACHING

Private Breathwork

WITH AILEEN KENNEDY



Breathe into your heart

Breathwork facilitates the journey from head to heart. It brings you out of the busy mind and into the body. There you can re-discover your intrinsic health & strength and find real safety again.

With private transformational breath coaching you receive the deep support to do your healing inner work.

When we show up to do our own inner work, this always has a large impact on how we live our life. How we feel on the inside, and what is stored in our body-mind system impacts our day-to-day choices and experiences.



Breath is Life Force

By bringing awareness to and changing our breath pattern through breathwork, we can improve our quality of life on many levels. When we breathe fully, it helps us to become more alive and present in the moment.

Having several private sessions:

- Can make space for some serious personal growth;
- Can be of great support in a time of transition;
- Can support you in making that Next Big Step;
- Releasing limiting beliefs;
- Is a beautiful way to move through stress, pain & fear – into trust, feeling empowered & increasing your selflove;
- Helps you release stuck emotions, energy and old trauma;
- Helps you gain insights & clarity;
- Creates a deeper sense of Purpose;
- Strengthens the connection to your Inner Knowing.

Are you ready to embrace life?

How does it work?

In a private session we really take the time to explore..

What is it you want to focus on?

What needs to change in your life?

Where do you want clarity?

After setting your intention I guide you through circular breathing while you lay comfortably on a mat. There is music guiding you and helping you to find your rhythm and which will support you to remain in the 'older' parts of your brain – which allows you to feel more. All you need to do is follow my voice, the breathing will do the rest.

You have my full support

During the sessions all kinds of things may arise– physically and emotionally. I support you through this, allowing you to feel safe and taken care of. During the session I (might) use touch and pressure points to help you stay connected to your body and for release.

At the end of the session there is time for 'landing', for resting, receiving and relaxation.

We close with a cup of herbal tea and a short reflection or possible practice to take home with you.

Good to know

Contact Details:

Phone +31617109226

Email hello@aileenkennedy.nl

Website www.aileenkennedy.nl

Investment:

A session takes 1 hour and 45 minutes. Investment: 185,- euro.

**When you book a 5 session package you get a 100,- euro discount!
(to be used within 6 months)**

A session with Truffle Microdose: 2 hrs and 15 min. Investment: 235,-

Location:

A beautiful warm Yurt (Round Mongolian Home) Yurt- Yoga – Rijks Hemelvaart Dienst, Oude Haagse weg 58, Amsterdam Sloten. This is a free spirited creative community space. You can not park here.

(Parking 2 min walk – free parking, Bus 197 – stop Anderlechtlaan).
Please PARK on the Oude Haagse weg near the bus stop – walk to the location – once arrived at Rijkshemelvaart – through the gate – follow signs for Yurt (towards your right).

If it's your first time here, give yourself ample time to find the location.

How to prepare:

Because we start with the medicine & breath practice, please arrive with a not too full stomach. Consider having an early light meal in the afternoon. Please make sure to read the contraindications below– and email me if you have any questions or concerns.

Cancellations:

Sessions cancelled within 48 hour a timeframe will be fully charged – unless someone else can take over the booking.

EARTH MEDICINES

Truffles



Truffles contain Psilocybin, which is a natural psychedelic. A microdose (1 gram) is about 1/20 of a full trip dosis, and therefore has a subtle effect. It doesn't come close to the psychedelic effects of a 'normal' dosis. The aim is to help you process. Rather than mind-altering, the effects of Microdosing are best described as mind enhancing. There have been numerous studies utilising psychedelics like psilocybin (the psychoactive ingredient in hallucinogenic mushrooms and truffles) that have shown that it has positive effects on depression and anxiety.

Some of the things people describe are: "positive energy", "increased levels of creativity", "focus and flow", "deeper connection with yourself and others", "open heart", "heightened senses", "(suppressed) emotions coming to the surface", "new ideas and insights".

Please let me know if you intent to use them. For daily microdosing you need to order truffles yourself (Earth Resonance) and buy a small scale that measures micrograms. A microdose for daily use may be between 0.2 to 1 gram, depending on your 'sweet spot'. (dosage where you hardly perceive any changes in your body & mind).

Aileen Kennedy

Your Guide



I'm Aileen Kennedy, I have gone through my own process of transformation many times in this life. The challenges we go through allow us to start over. To create anew. To rediscover who we are. In the ashes, at rock bottom, that is where we really meet ourselves.

And then we start to REMEMBER.

Remember who we are, who we used to be, before we forgot our true authentic expression of our unique selves. Coming back to this has been my biggest gift in life. The Biggest joy.

I feel reborn. Like life offered me a second chance. Reborn to an EVEN better life I could not have imagined when I felt my old life crumbling. But an old part had to die. So I also know the pain that comes with Big change and transformation. The fear of the unknown.

I know what it feels like to be burnt out, lost, depressed, traumatized, depleted, disconnected from my intuition, disconnected from my own truth.

I know how much it takes to dare. But also how much trust we can have in ourselves, and in life.

I trust in you too. To find your way.

And it's my joy to support you in your journey.

I feel I'm best at sharing the tools that helped me along my way, which is how I created this program.

Please look at [my website](#) to read about my background, training and education.

With love,
Aileen Kennedy



TRANSFORMATIONAL BREATH COACHING

Signup

◆ Full Name

◆ Age and birthdate

◆ Home address

◆ Email

◆ Phone No.

◆ How did you find this program?

Health check

◆ Are you currently experiencing any physical issues? yes / no

Please explain:

◆ Are you taking medication? yes / no

Please explain:

◆ Are you currently in therapy? yes / no

With who?

◆ Do you or anyone in your family suffer from:

Bipolar disorder / Psychosis/ Suicide attempts

◆ Do you have any sexual trauma? yes / no

As I work with your physical, emotional and mental bodies, this is important information. Please share this with me beforehand.

Signature

Date signed

Aileen Kennedy

EARTH MEDICINES

Contra Indications

To every medicine there are contraindications. Please take note of them below. Also know that I am experienced in working with these medicine and will adjust each session to your circumstances.

- ✦ **Contra indications for the TRANSFORMATIONAL BREATH:**
Pregnancy, Epilepsy, High Blood pressure, High inner eye pressure, Detached Retina, Cardiovascular problems, Strokes, Clinical anxiety, panic attacks or psychosis, recent surgery (broken bones/wounds).
- ✦ **Contra indications for microdosing magic truffles:**
 - Pregnant and breastfeeding women are not advised to take psychedelics.
 - Psychological disorders such as borderline, schizophrenia and psychoses are very strong contra indications.
 - If you have cardiovascular problems.
 - If you use medication such as Tramadol, antidepressants, antipsychotics and blood pressure medication.
- ✦ Please **CIRCLE any** of the contraindications that you **DO** have.

Sign your name here if you have **NONE** of the above contraindications.
"I have read all of the above and comply with all conditions. I have been completely transparent about my health, while I know to be fully responsible for my own health and choices."

Signature

Date signed