

## ONLINE BREATHWORK SESSIONS



# Clean the Past Embrace the Future



### **What is RBM?**

RBM is a gentle breathwork practice, which activates an inner non-mundane experience. It helps you to connect with your body, emotions, actually your whole being in a safe, non-pressured way.

Through intention setting and conscious, connected breathing, this self-paced process allows you to release and resolve emotional or energetic blockages that may be holding you back.

### **How it works**

The process is divided into three parts: setting your intention, the breathwork itself, and a debrief. During the session, we will guide you through each step, explaining how RBM works, how to set meaningful intentions, and what to expect during the breathwork.

You will be supported through all of it.

### **Doing both, December AND January**

By joining both a December and January sessions, you'll create a powerful flow—releasing in December to make space for fresh intentions in January. It's a chance to deepen your journey of self-discovery and set a strong foundation for the year ahead.

Plus, booking both sessions together offers great value: one session is €97, but you can join both for only €150.

If you have any questions or thoughts, feel free to reach out to me via email at [office@ginitao.com](mailto:office@ginitao.com).