

What is Breathwork and Multidimensional (MD) Breathwork?

Transformational breathwork (also known as conscious connected breathwork) is a powerful and transformative somatic practice that involves intentional, rhythmic breathing to promote mental clarity, emotional balance, and overall well-being.

MD Breathwork is the deepest dive you can ever take into reprogramming your own subconscious mind.





WHAT YOU CAN GET OUT OF AN MD BREATHWORK SESSION...

Trauma Release

Somatic Healing

Subconscious Reprogramming

Limiting Beliefs Clearing

Nervous System Regulation

Mood & Emotional Regulation

Deep sense of peace



WHAT IS MD BREATHWORK?

MD Breathwork is a multi-dimensional sound experience that supports healing, personal growth, and emotional well-being. Whether you're seeking a deeper connection with yourself or looking to heal past wounds, this groundbreaking approach promises a journey unlike any other.

MD Breathwork is structured to create a holistic experience that addresses and nurtures physical, mental, and emotional aspects, making it a comprehensive tool for personal transformation and healing.



WHAT IS MD BREATHWORK?

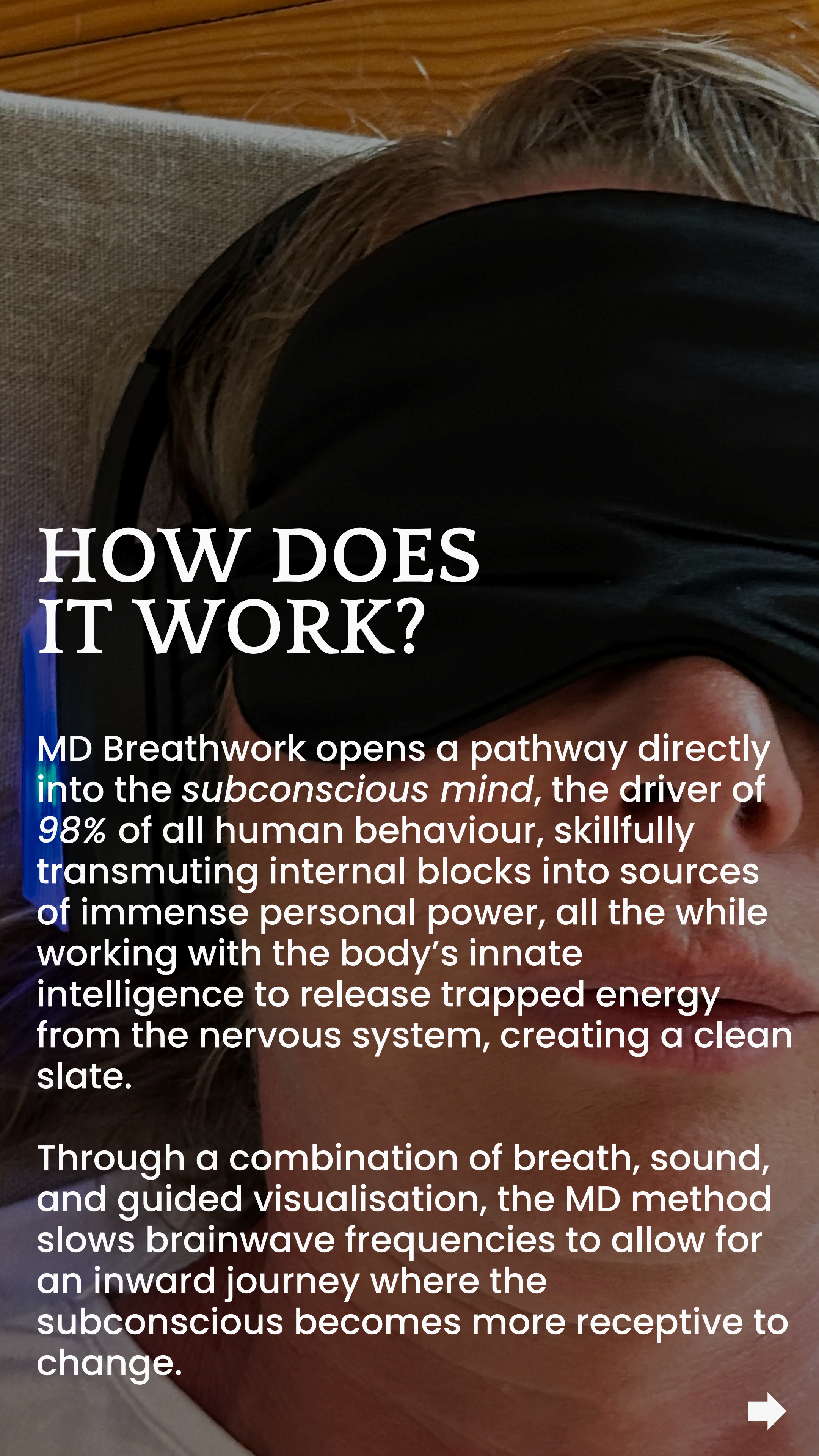
Imagine a breathwork practice that's not just about breathing, but about unlocking your true potential.

MD Breathwork combines the transformative power of advanced soundscapes, binaural beats, hypnotic therapy, NLP, and more into a single, immersive journey. It's designed to reduce stress and anxiety, release trapped emotions, and reprogram your mind for greater clarity and emotional freedom.

In just one session, you'll experience a profound shift in your mental, emotional, and physical well-being, feeling more alive and in control than ever before.

MD Breathwork is your path to true holistic healing.





HOW DOES IT WORK?

MD Breathwork opens a pathway directly into the *subconscious mind*, the driver of 98% of all human behaviour, skillfully transmuting internal blocks into sources of immense personal power, all the while working with the body's innate intelligence to release trapped energy from the nervous system, creating a clean slate.

Through a combination of breath, sound, and guided visualisation, the MD method slows brainwave frequencies to allow for an inward journey where the subconscious becomes more receptive to change.



THE LAYERS OF THE MD EXPERIENCE

MD Multi-dimensional Sound Experience
Binaural Brain Entrainment
Solfeggio Frequencies
Isochronic Brainwave Tones
432Hz Harmonic Tuning
Somatic Breathwork
Subliminal Hypnotic Therapy
Guided Vocal Coaching
Bioacoustic Sound / Effects



CONTRAINDICATIONS

If you have any of these symptoms, please speak with your facilitator, MaryAnn Voli, to see if you can join with an adapted breathing pattern.

Breathwork can result in intense physical and emotional release, therefore, it is not advised for persons with a history of cardiovascular disease, including angina or heart attack, high blood pressure, use of a pace-maker, glaucoma, retinal detachment, osteoporosis, significant recent physical injuries or surgery.

It is not advised for persons with severe mental illness or seizure disorders or for persons using major medications. It is also unsuitable for anyone with a personal or family history of aneurysms. Pregnant women are advised against practicing Transformational Breathwork.

Persons with asthma should bring their inhaler and consult with their primary care physician and the Breathwork class facilitator. This work is deeply experiential. It may involve intense and energetic emotional release.

