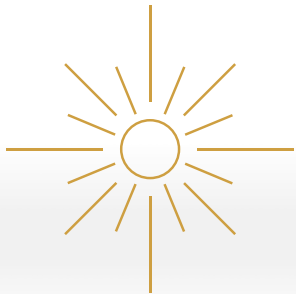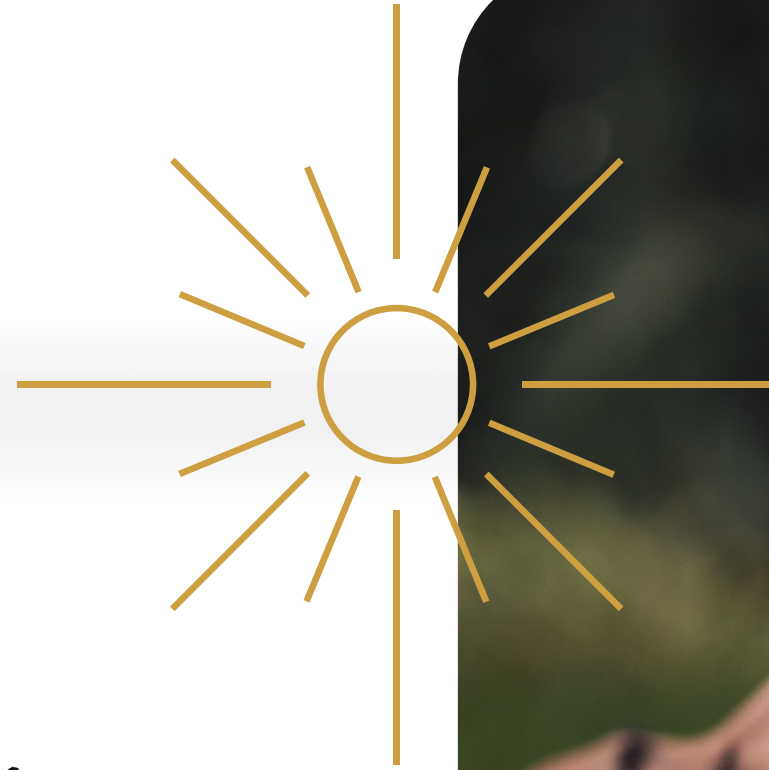NEW   2023

BREATHWORK WITH ASTTARTE

Presentation

PRESENTED BY ASTTARTE DEVA

Welcome to your Breath

Awakening Consciousness for your whole self with your breath.

Breathwork Sessions combining intention, gentle grounding meditation, clarity on what you want to let go of & what you want to create can help assist you in being the true you and creating the life you truly deserve. Schedule a Breathwork Session with Asttarte no matter what you are walking in with.

Breathwork for Every Person

Inner Child Breathwork

Your inner child is inside of you, and sometimes it just needs to come out to be expressed, heard and brought to life. In doing so, you get a chance to fully be you, free, loved & filled with joy..

Breathwork for Trauma

Most people have had some sort of trauma, subtle or deeply. Breathwork for trauma helps release, let go & empower you.

Breathwork & Tantra

Breathwork & Tantra is an energizing and empowering Breathwork to balance hormones, relieve anxiety, feel energized, awaken kundalini and let go of stress.

Meditation & Breathwork

Meditation prior to Breathwork clears your energy to do a deeper breathwork session than without it. We will explore together the best approach based on your needs in the moment.

Benefits of Breathwork

Self Love

Get in touch with your ability to love yourself and feel what its like not to lean on anyone else for loving you.
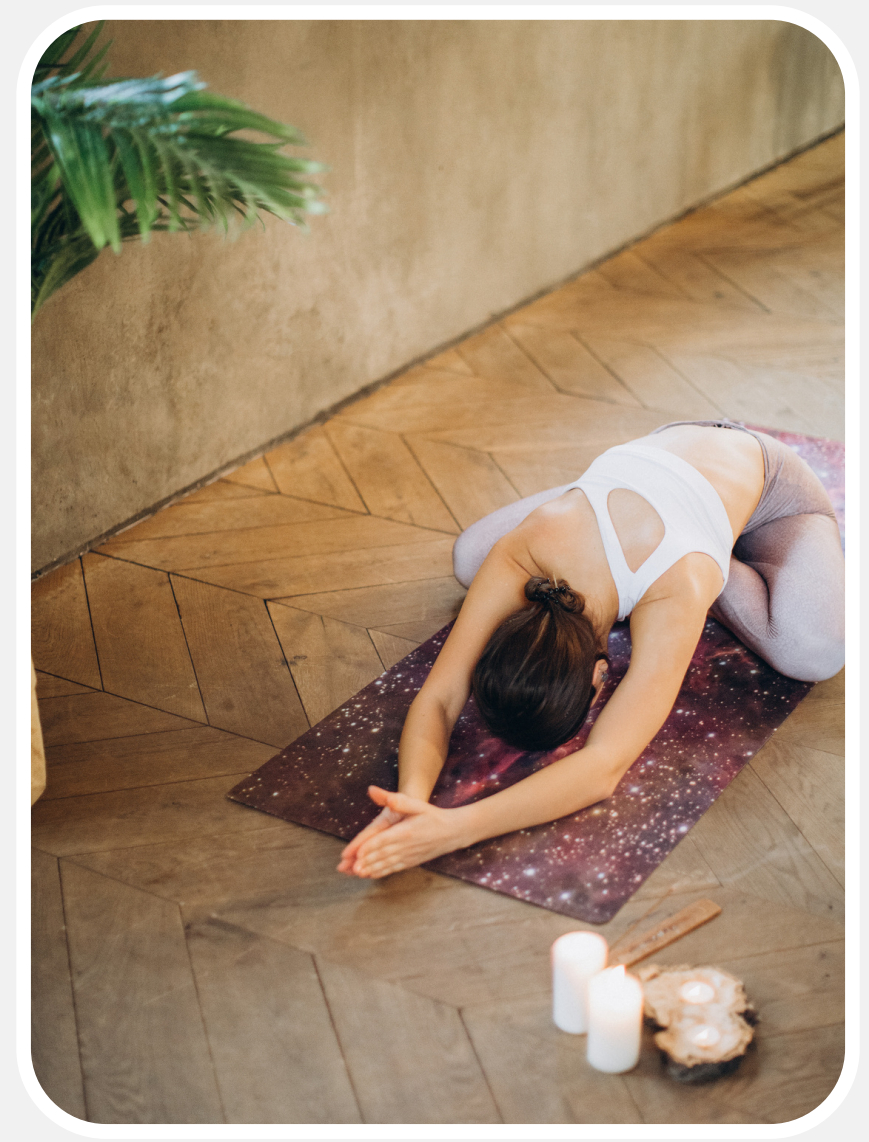

Peace with your past

Release patterns, emotions and beliefs from the past and create peace within.

Enlightenment

Over time of doing Breathwork, one session at a time, you have an opportunity to be completely transformed.

BOOK FOR PRIVATE
SESSIONS

Click an image for your
private session

Zoom or In person
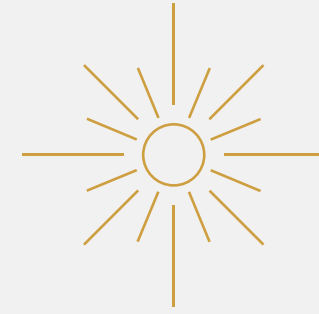
Breathe into your heart.
Love yourself first.
Love you fully.
Love yourself fully before you love anyone else.
Take all that love you want to feel with others, and love yourself with that love.
Every breath you take, breathe into your heart.

Asttarte Deva