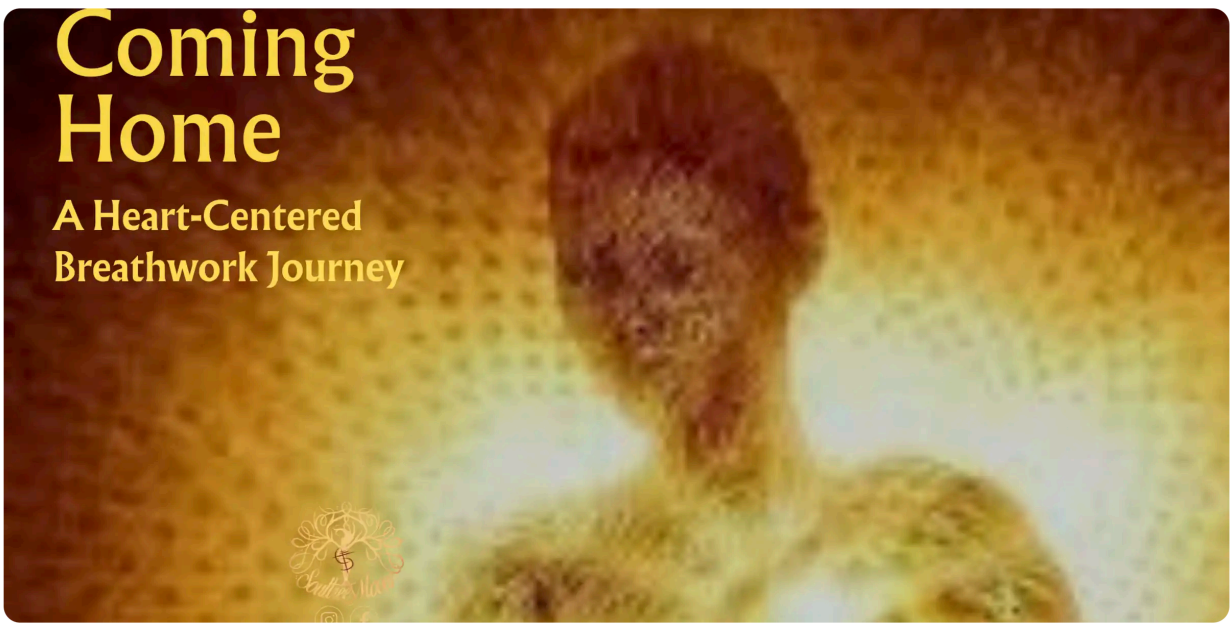


Coming Home

A Heart-Centered
Breathwork Journey



Coming Home - a Heart-Centred Breathwork Journey

Event description

COMING HOME

A Heart-Centered Breathwork Journey

With Elyse

Join a group of like-minded souls for an immersive Conscious Breathwork Journey designed to support you in releasing suppressed emotions, outdated patterns, and looping thoughts that keep you stuck. Gently peel away layers of stress, tension, anxiety, and low mood to reconnect with the life you truly long to live.

This guided journey invites you to return to the wisdom of your body, access your subconscious, and move through unfinished emotional cycles—opening the door to deeper clarity, insight, and integration. Breathwork supports greater emotional regulation, inner peace, and embodiment of your most authentic self.

We'll be held by a curated musical soundscape, somatic expression, grounding practices, and intentional themes—all crafted to guide you back to your truest, rawest self.

This is an invitation to COME HOME to you.

All are welcome—no experience necessary.

These events are LGBTQI+ inclusive and take place in the warm, welcoming space of Soultree Moves in Croydon North.

What to Bring:

Mats are provided. Please bring:

- A small pillow
- Blanket
- Comfortable clothing
- Journal and pen
- Anything else that helps you feel supported

Aftercare:

Allow time after the session to integrate. We recommend journaling, sitting by water, quiet reflection, or spending gentle time with others. This space can be deeply nourishing and deserves a soft landing.

Some of the many BENEFITS of Breathwork:

- Emotional release & regulation
- Greater clarity & insight
- Improved sleep & mood
- Deeper connection to self & others
- A sense of belonging, safety & community
- More aligned decision-making
- Support for nervous system regulation

Breathwork is a powerful part of coming home to yourself—make it part of your self-care practice.

Spaces are limited to 10.

First-time attendees (or if your details have changed), please complete the waiver form at the time of booking.

Here is the Waiver form link: <https://form.jotform.com/23087...>

I look forward to meeting you.

Elyse x

PS. If you'd prefer to experience breathwork in a 1:1 setting before joining a group, feel free to reach out directly.