



Opening to Breath Panel: An Experiential Journey into Embodied Love, Wisdom and Presence



Let yourself be guided by masterful breathwork elders and teachers through one healing and transformative breath journey. Explore conscious connected breathing to feel deeply connected, receive inner guidance, and anchor inside yourself.

Jessica Dibb, Founder, Spiritual Director, and Principal Teacher of Inspiration Consciousness School

- Enter the Truth of Interconnectedness: **“We are all breathers”**
- The brain is wired for survival, it is wired to recognize an ‘in-group’ and an ‘out-group’.
- Breath is the end of rejection of one another and our planet. It is the door to connection. We are all Breathers.

Anthony Abbagnano, Founder of Alchemy of Breath

- Open up to your Inner Guidance: **“Follow where the breath wants to lead you”**
- Open to a state of wonder. Allow the rhythm of the breath to carry you forward to safety and newness.
- Are there messages to receive? What might they be?

Dr. Ela Manga, Integrative Medical Doctor, Author, Speaker, Facilitator of Mind-body Medicine and Wellness

- Inviting Breath for Healing: **“Sending breath to all parts of you holding pain or confusion”**
- Breath as compassion: every breath is a tangible experience of life loving you.
- Every exhale a soft surrender, a dying of what no longer serves you.

Tilke Platteel-Deur, Co-founder and Co-leader of the Institute for Integrative Breath Therapy

- Connect to your Uniqueness: **“Fill you up with who you are”**
- No-one has the same spiritual fingerprint.
- Come home to your own body. Make it a safe space so that your inner child has someone to come home to.

Richie Bostock, The Breath Guy, one of the world's leading practitioners and a pioneer in the field of Breathwork

- Free Yourself from Limiting Beliefs: **“Your best is always good enough”**
- Time to let go and free yourself from ‘jackal thoughts’ of how it needed to be or what happened in the past.
- Knowing it is perfectly okay.

Jim Morningstar, Clinical Psychologist and Director of Transformations Incorporated

- Connect with your Heart: **“Inhale: I am love. Exhale: I love.”**
- Breathing in love, exhaling and sending it to the world.
- This is my breath. This is my body. This is my life.

Rabia Hayek, World-renowned Breathworker and an electrifying speaker, teacher, visionary and peacemaker

- Lose your Seriousness: **“It is a party. We are one humanity!”**
- Raise the ‘arms’ of the lungs up. Blow out, like candles on a birthday cake.
- Breathe in the ground. Blow up to the sky. One humanity.



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Philip Shepherd, TEPP [The Embodied Present Process](#)



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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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