

Client Testimonials

"All the promises of breath coaching were realised for me through working with Béatrice. I was able to tap into childhood issues, the echoes of which were keeping me stuck and unfulfilled in my adult life. I achieved harmony in my marriage, a sense of peace and contentment I had never experienced before and a miracle in my career!! Thank you Bea."

Anne Feeney
Business Manager

"Beatrice has left me with the ability to fully embrace my life with my arms, eyes and mind now wide open."

"I have learned that every day, at every moment, there are always fresh choices to be made. Choices between laughing and crying, shouting and whispering, feeling lonely or feeling loved. Every choice I make shapes my moment, day, future and reality. I now choose joy, love, peace and prosperity!"

Hina
Mother

"I thought breathwork would have been different from what I'd read before, but in my experience it has been more of a gradual/gentle release. I continue to breathe at home and have powerful realisations through it. I think it's a technique I will use for life to break through and clear blockages in the body / mind."

Steve
Courier

I first trained as a rebirther in 1989 with Diana Roberts in London and then 6 months in the USA with internationally acclaimed leaders, Bob & Mallie Mandel and Sondra Ray.



I was going through a particularly challenging time when I received my first rebirthing session. The new sense of peace I found and the speed with which I was able to transform my situation was incredible. I had to be a rebirther.

I combine breathwork and coaching to provide powerful breakthroughs in wellbeing, communication, relationships and leadership.

If you would like to know more about what rebirthing can do for you, please call me to arrange a free introductory meeting.

Tel: 020 7274 6603
Mobile: 07799 672624
info@freeyourbreath.co.uk
www.freeyourbreath.co.uk

My practice is in South London.
Member of :



The British Rebirth Society



The International
Breath Foundation

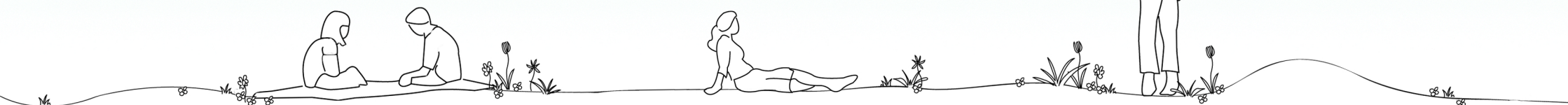


free your breath

Rebirthing, life
and breath coaching.
Discover your hidden choices
and free your life.



with
Béatrice Garoche



What is Rebirthing?

Rebirthing is a safe and powerful technique involving breathing and counselling.

'Letting go' of long-held, limiting beliefs can be profoundly liberating, a sort of 'rebirth', which is where the practice gets its name from.

To free your breath is to free your life.

How does Rebirthing work?

The way we breathe and the way we feel has a direct impact on each other. You may have noticed that you breathe differently when you are sad, depressed, fearful or happy.

Rebirthing, however, is much more than an exercise in breathing. Through it, you will discover the hidden power of your thoughts and beliefs: those 'unconscious' limiting decisions that we all make about ourselves, for example:

*"I am not good enough", "life is a struggle"
"I can't", "I am not lovable" or "I am alone"*



We forget that WE are the thinkers of our thoughts - WE made the decision - which then became a self-fulfilling prophecy.

We usually blame others, circumstances or lose ourselves in guilt, leaving us powerless. By disentangling the thoughts and beliefs at the root of our attitudes, we can choose the beliefs that work for us and let go of the ones that no longer serve us.



What happens within a rebirthing session?

An average session lasts over two hours.

The session begins with counselling after which you will lie down and breathe the "rebirthing breath". The body becomes radically oxygenated which may re-awaken dormant sensations stored in the cells. I will guide you to honour the thoughts and feelings that arise. The breathing cycle will speed up the process of letting go.



You will then reach a deeply relaxed state from which you will see new possibilities.

During your sessions, I will take you to the very source of your being – your breath – where you can reconnect with your inner power and create the life you truly want.

I provide ongoing coaching, both during your session and throughout the course.

Some of the benefits from rebirthing

- ⊗ Increases confidence, awareness and self-esteem
- ⊗ Improves communication, relationships and creativity
- ⊗ Creates deep relaxation and inner peace
- ⊗ Reconnects mind, body, heart and spirit
- ⊗ Reawakens intuition, innocence and passion
- ⊗ Eliminates toxins and stress and boosts immune system and vitality
- ⊗ Replaces worries and fears with love, joy

How often?

A course of 10 sessions is recommended for optimal results, ideally over ten or twenty weeks.

A one-off session is available as a 'breath diagnosis'.

