

Breathwork



Nadia Narain

LOCATION: Los Angeles + London + Online

WHAT IT IS: The breath is the carrier of life force or prana or chi. The energy that runs through us which gives us vitality and life force. The depth, ease and comfort of the inhale reflects our openness to participate in life as it unfolds before and within us. The freedom of the exhalation reflects our ability to let go with ease and understanding and to move on or forward. You can change the way you let life in and let life out. The breath moves energy blocks we have in place to protect us, very quickly and a focused intent and breath awareness, ultimately clears the blockages and allows energy and love to flow freely.

Join Nadia for a zoom session each session is 1 hour 15 minutes. **Price: \$275 / £250**

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