



its your birthright to feel happiness

To feel loved And To feel safe

Let's look at what is holding you back in life. This is your time to bring awareness to old belief patterns. To dismantle limiting behaviours and create a new path forward.

Situated in Wild Dog Estate at the base of the Otway Ranges Apollo Bay, Victoria. Surrounded by nature's beauty.

Allow Louise to support you through your journey.



Breathwork and it's history

Based on a technique of breathing known as, Conscious Connected Breathing, we help people to resolve feelings and emotional blockages from past issues that cause problems in their lives. By opening this breathing mechanism, it gives us the tools to change and open our hearts. Because it is done in a deep state of relaxation, we can access our subconscious whilst being in a state of consciousness. Our subconscious mind is where our body's infinite intelligence exists, and it is there that we can finally allow these suppressed feelings to be fully felt and then integrated in our body, which is when the healing occurs.

Historically, people have been using their breath to manifest an assortment of outcomes. Primarily in a spiritual or healing context, the breath was used as the focus to achieve such things as an altered state of consciousness.

Breathwork, in the form I practice, has been present for over 40 years. It was developed by Leonard Orr in the USA. He learned over time that when people use connected breathing, they can attain a level of relaxation that induces a release of stored emotions and can relive the birth experience. In fact, he witnessed people regressing into a psychophysical state and not just reliving memories, but integrating a physical, mental and spiritual experience, resulting in a healing.



Benefits

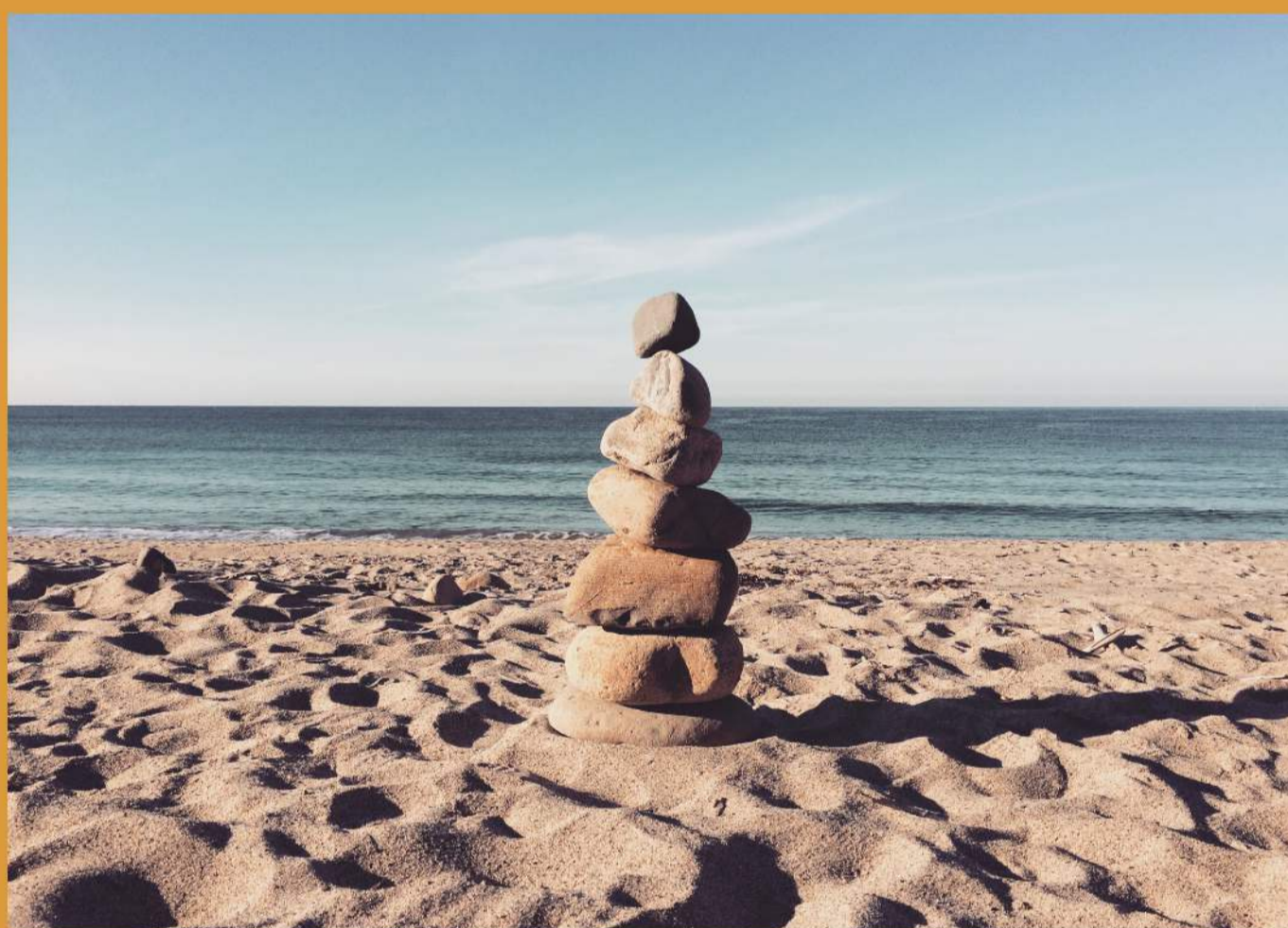
There is so much to be gained from this process on so many levels. Biologically when we engage in deep conscious breathing it activates our parasympathetic nervous system and triggers our natural relaxation response. This is of course in opposition to igniting a stress response in our bodies.

Another biological benefit is the powerful detoxification process that occurs. 70% of our bodies toxins are secreted through our breath.

For me, Breathwork delivered something much deeper. My levels of anxiety diminished and my cloud of depression evaporated, leaving me with a renewed energy for life.

My heart opened and past wounds of abandonment were healed. My self-confidence developed and I was able to build even stronger loving relationships. My ability to lean into uncomfortable situations and discussions grew as I learnt that running and hiding was no longer serving me.

Breathwork brings us back to our heart. It helped me trust in people again and trust in life and to be soft and gentle with myself, knowing I'm doing the best I can.



How it Works

Throughout our lives we learn to, and therefore tend to, repress our feelings. For various reasons, we learn it's not ok to cry, to be angry or to be sad for too long. And in doing so we hold our breath, we breathe small shallow breaths, we gulp our breath and we breathe irregularly. So, what happens when we do this, when we repress our emotions? The ill effects are numerous. From stress, anxiety and depression, to physical pain, illness and disease, the list is long.

The beautiful thing about Breathwork is the process. By tuning into our breath and using this technique of connected breathing, the body gently releases stored emotions from past unresolved experiences. The flow of energy from the breath unlocks stored emotions allowing us to fully feel and complete these experiences.

Insights are also gained during Breathwork. Insights into behaviour patterns, beliefs that limit the actions we take that affect our quality of life. So once the emotion around these decisions is felt and integrated, new decisions about the way we respond and deal with life can be made.

Due to our body's innate intelligence, it is only those experiences that a person is ready to heal that will surface. Nothing too big or overwhelming happens, only what you are ready for.

Breathwork

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Core Clearing

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A Heartening Story

I know a man who's a terrific bloke, smart, talented, funny, kind and generous. Yet he would often say to me, "I don't really have any true friends. Lots of acquaintances', nice people in my life, but no one I would call a real friend." Now if I was to tell that to his friends, I think they would not only feel surprised, but most likely a little hurt too. Because in fact, he did have some incredible friends. Yet for the life of him, he couldn't see it and feel it. When this man was a young teenager, he had "friend" that treated him very badly. Fine when no one else was around, but in the company of others ridiculed him, physically hurt him and basically shamed him in front of his peers. This went on for years, leaving him in a state of confusion with friendships, a lack of trust and self-worth.

Having now cleared this blockage in his life, has opened his eyes and heart to the wonderful friends he has. He can now relax and be open to receive the gifts from others and feel he truly deserves it too. A certain peacefulness abides inside him now.



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[HOW IT WORKS](#)

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