



## Breathwork and Energy Healing with Matoula Piscopani August 1 to 18, 2023

*Overcoming any life experience is best achieved with honest conversation, heart to heart listening and a safe space held with love.*

Matoula has over 15 years' experience as a Breathwork facilitator and trainer and is part of the International Breathwork Foundation. She shows her international clientele how the breath is a miracle that can release your barriers to living life in a positive and uplifting way, no matter what is going on. Learn how your breath and rebirthing breathwork experiences are powerful sources for joy in a love-centered life.



**Breathwork Session,**  
**3 hours/ EUR 435 per person. Follow up session 2 hours, EUR 360 per person.**  
**Couples Private Session, 3 hours/ EUR 745**

The rebirthing through breathwork technique is based on conscious supported breathing. Guided rhythm, repetition and depth define the session which in a simple, safe, and dynamic way simulates life force energy and the way you react or respond to it, reviving the whole of your beliefs and the effects they have on your body. After cycles of realizations with the coordination of your conscious, subconscious and superconscious you reach the levels of inner tranquility and clarity where you re-map a new course of direction in life, supporting change in the most natural, powerful, and certain way.

The follow up session enhances your life's journey as integration occurs giving you the wisdom to carry on empowered and open your life path.

**Reiki, 1 hour/ EUR 210**

This healing technique opens the heart to your true wants and needs. Being in a space of inner inspection and exposed to this energy field, the body resets, compelling all the levels of existence to harmonize. A silent inner dialogue begins from the body to all the realms, namely mind, heart, and spirit.

**Shamanic Energy Healing, 2 hours/ EUR 360**

This approach allows you to access the blueprints and your cellular memory to release stagnant energy, burdens, stress, and fears related to past trauma, ancestral history, both conscious and unconscious. Once the energy shifts, reality shifts, and life takes a different course. Inner stillness and a sense of freedom prevail in mind and body that takes form in your outer world shaping a new map of possibilities for your present and future.

**Six Senses Spa at Porto Elounda Golf & Spa Resort**

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