

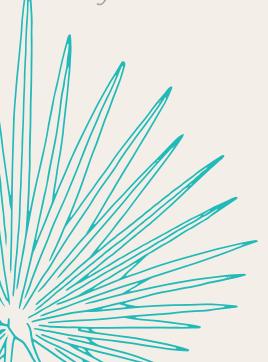


Welcome Dear Soul

This journal is a sacred space for you to honor your breathwork journey. Here, you can gently reflect, release, and reclaim the wisdom awakened within you.

There is no right or wrong way to use these pages—only your truth, unfolding with each breath and each word.

Take your time. Be tender with yourself. Trust the process.



What did I feel during my breathwork journey?

What emotions, sens	sations, o	r memories	arose

What am I ready to release or reclaim?

What part	of me am	Iready	to love	more de	eply



Closing Blessing

With each conscious breath, I return to my sacred center.

I honor my journey, my ancestors, and the power within me to heal.

May I carry this peace with me as I rise into the next moment, and the next.

