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**Click here for VIDEO descriptions of each 9D Breathwork Kid's Journeys**

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## 90 second Relax

### What is it for?

A short coherent nasal breath meditation is used to unwind physical and emotional energy. Best used either when you feel you're reacting angrily to a situation or simply to help finish your day at school or work to relax and unwind.

Breathe this pattern to slow down and re-calibrate the nervous system. Aim to breathe this pattern often and re-train the nervous system.

### Common Outcomes:

- Deep coherent breathing lowers stress in the body by telling the brain to calm down and relax.
- Shifting from the sympathetic into the parasympathetic or rest response metabolizes both physical and emotional stressors, transforming the energy.
- Decreases heart rate, blood pressure, stiff muscles, digestive issues and sensations of anger.
- Quickly transforms anxiety and stress to peace and calmness in just a 1 and a half minutes of breathing.

Duration: 3:32

## Breathe & Create Space

### What is it for?

This 5-minute guided breathwork session to soothe your mind and bring a sense of calm and tranquility.

### When to Use:

- When feeling anxious or stressed about upcoming tasks.
- Before sleep to ease into a restful state, free from the day's stress.
- When feeling tension build up in your body or mind.
- During a short break for a mental reset.
- To interrupt and calm anxious thoughts before they escalate.

Duration: 6:18

# Boss Level Anger Control

## What is it for?

This is a 20-minute guide to mastering calm and taking charge of your emotions.

## When to Use:

- Feeling overwhelmed by frustration or irritability.
- Before a situation you know can be stress-inducing
- After a heated argument to regain your composure.
- When needing to cool down and think more clearly.
- To practice managing strong emotions in a healthy way.
- Anytime you feel the need to reset your emotional state.

Duration: 20:24

# Fresh Morning Kickstart

## What is it for?

This offering is specifically designed to energize your day, sparking motivation and positivity for a productive start.

## When to Use:

- When waking up feeling sluggish or unmotivated.
- To set a positive tone for the day ahead.
- Before tackling a busy or demanding schedule.
- If you need inspiration for creative tasks or problem-solving.
- To boost your mood and energy on a slow-starting morning.
- Anytime you want to embrace the day with renewed vigor and enthusiasm.

Duration: 9:18

## Increase Alertness

### What is it for?

This journey is for sharpens your mind, enhances concentration, and revitalizes your senses in just a few minutes.

### When to Use:

- When your focus is waning and you need to sharpen your concentration.
- During low-energy moments to quickly uplift and energize.
- To enhance mood and mental clarity before important tasks.
- Before meetings or brainstorming sessions for heightened creativity and alertness.
- When transitioning between different activities that require active engagement.
- Anytime you seek a mental boost to tackle challenges with renewed vigor.

Duration: 8:18

# Inner Hero Awakening

## What is it for?

This journey offers a transformative journey to self-acceptance and cultivating inner resilience.

## When to Use:

- When self-doubt creeps in and starts to cloud your decisions.
- During moments of self-judgment to foster self-compassion and acceptance.
- In times when confidence feels low and you need a boost.
- If you're feeling lost and searching for direction and purpose.
- When you feel stuck, to help find new perspectives and motivation.
- Anytime you need to reconnect with your inner strength and potential.

Duration: 22:05



## 10:20:30 Rapid Recharge

### What is it for?

This journey offers a swift energy boost, enhancing focus and calming thoughts in just minutes.

### When to Use:

- When you need a quick boost of energy to tackle your tasks.
- To quiet an overactive mind and regain focus.
- Before a test or exam to clear your thoughts and enhance concentration.
- Prior to a presentation for a burst of confidence and clarity.
- When transitioning between activities and needing to refocus.
- Anytime you feel mental fatigue and require a swift revitalization.

Duration: 8:42

## Getting Great

### What is it for?

The Getting Great journey offers the opportunity to breathe and release unwanted energy and cultivate inner resilience through circular breathing and some testing breath holds you can practice building your technique and capacity to relax under stress.

### When to Use:

- You want to train and increase breath-holding times in exchange for feeling great.
- You need to remind YOURSELF just how significant you are.

Duration: 26:11

## 9D Nidra

### What is it for?

This offering is crafted to assist in your evening practice to guide you into a state of profound relaxation and tranquility before sleep. This unique practice helps to set a new sleep code and serves as a tool to silence the monkey minds chattering, whilst resting at delta brainwaves states the bodies amazing healing technologies go to work supporting recovery at the deepest levels.

Dissolving the stress from the day activities, 9d Nidra opens the gateway to growing inner peace to help maintain a healthy balanced lifestyle.

Unwind after a long day, and treat yourself to a deep restful sleep in preparation for the day ahead.

With "9D Nidra," you'll embark on a journey to deeper relaxation, supported through the immersive soundscapes and lightly guided body scanning to become the observer of your restful self. Building healthy sleep behaviors and greater emotional resilience translates in how you manage life.

### When to Use:

- **Before Bedtime:** Use "9D Nidra" to gracefully release the day's accumulated stress, allowing it to melt away, paving the way for a peaceful and restorative night's sleep.
- **Tension Relief:** When you sense tension building up within your body and mind, harness the power of "9D Nidra" to release that tension, leaving you feeling light and serene.

Duration: 26:23