

ONE-ON-ONE SESSIONS

Private Online Single (or Duo) Session

Introductory (First) Session

\$100

Standard Session

\$120

This 60-minute (or more) private one-on-one breathwork journey is held via Zoom.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

Private In-Person Single Session

Introductory (First) Session

\$125*

Standard Session

\$175*

This 60-minute (or more) private one-on-one breathwork journey is held in a client-selected location in New Haven County*.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- All session accessories including headset, eye mask, pillow, blanket, leg bolster, mat (*NOTE: Clients may use their own accessories*)
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

*Additional fees will be assessed for all private in-person sessions located outside of New Haven County

Private In-Person One-on-One Pack of 3 Sessions

Pack of 3 Sessions

\$475*

These three 60-minute (or more) private one-on-one breathwork journeys are held in a client-selected location in New Haven County*.

INCLUDES:

- 10-minute Zoom consultation prior to each journey
- All session accessories including headset, eye mask, pillow, blanket, leg bolster, mat (*NOTE: Clients may use their own accessories*)
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journeys based on client goals established during consultation
- Post-journey integrations with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

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DUO OR COUPLE SESSIONS

Private In-Person Duo

Introductory (First) Duo Session

\$190*

Standard Session

\$250*

This 60-minute (or more) private one-on-one breathwork journey is held in a client-selected location in New Haven County*.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- All session accessories for two clients including headsets, eye masks, pillows, blankets, leg bolsters, mats (*NOTE: Clients may use their own accessories*)
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

*Additional fees will be assessed for all private in-person sessions located outside of New Haven County

Private Online (Single or) Duo Session

Standard Session

\$125

This 60-minute (or more) private one-on-one breathwork journey is held via Zoom.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

GROUP SESSIONS

Private In-Person Group Up to 12 People

Standard Session

\$400*

This 60-minute (or more) private group breathwork journey is held in a client-selected location in New Haven County*.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- All session accessories for up to 12 clients including headsets, eye masks, pillows, blankets, leg bolsters, mats (*NOTE: Clients may use their own accessories*)
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

*Additional fees will be assessed for all private in-person sessions located outside of New Haven County

Solmere In-Person Group Event

Per Client

\$45

This 60-minute (or more) group breathwork journey is held in a Solmere-selected location.

INCLUDES:

- 10-minute Zoom consultation prior to journey

- All session accessories for up to 12 clients including headsets, eye masks, pillows, blankets, leg bolsters, mats (*NOTE: Clients may use their own accessories*)
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email

Solmere Online Group Event

Per Client

\$35

This Solmere-scheduled 60-minute (or more) group breathwork journey is held via Zoom.

INCLUDES:

- 10-minute Zoom consultation prior to journey
- Pre-journey introduction to breathwork with certified 9D Breathwork facilitator
- Selected pre-recorded journey based on client goals established during consultation
- Post-journey integration with certified 9D Breathwork facilitator
- Follow up access to certified 9D Breathwork facilitator via email