

A close-up photograph of a person lying down, wearing a dark blue ribbed sweater. A hand with a gold bracelet is resting on their chest. The person's face is visible at the bottom of the frame, looking upwards.

14th-20th SEPTEMBER, ANTICO BORGO
TIGNANO

DEEP DIVE BREATHWORK RETREAT

Immersive Experiential Retreat

WHY THE BREATH, WHY NOW

In recent years, anxiety and chronic stress have reached unprecedented levels worldwide.

Long before the pandemic, nearly one in three people experienced an anxiety disorder at some point in life, and global rates have continued to rise.

Chronic stress does not only affect our emotional wellbeing, it is linked to cardiovascular disease, weakened immunity, cognitive decline and overall health deterioration.

Many approaches to stress management rely on external support, such as therapy or medication. While often helpful, these solutions are not always accessible and can come with limitations.

Breathing offers a different entry point.

Scientific research shows that regulated breathing practices can directly influence the autonomic nervous system, helping shift the body from a state of stress to one of restoration.

By strengthening parasympathetic activity, the branch responsible for rest and recovery, breathing practices support emotional regulation, mental clarity and physiological balance.

Simple and accessible, conscious breathing places a powerful tool directly in our hands.

THE TECHNIQUE



At the heart of our practice is **Circular Diaphragmatic Breathing**.

While the diaphragm is the body's natural breathing muscle, most of us rely on the chest or back muscles, leading to shallow and inefficient breath.

Awakening and mobilizing the diaphragm improves breathing, but its effects go far beyond.

The diaphragm influences the **nervous system**, the **vagus nerve**, and even **brain activity**, impacting the entire mind-body system.

We also use **pressure** and **hands on techniques** in order to facilitate the opening of the breath and the relaxation of the body.

By reconnecting with deep, circular breathing from the lower belly, the body begins to release tension stored from years of holding and control.

Our approach encourages expression: **movement**, **sounds**, and **emotional release** occur in a safe, supportive space.

Participants are supported during all the week, the environment is designed to create safety, trust, and presence, allowing the **nervous system to reset** and the **heart to open**.

BENEFITS of Diaphragmatic Circular Breathing

- postural support and axial alignment
- strengthening of pelvic floor and abdominal muscles
- drawing air deep into the lungs optimizing oxygen intake
- improvement of functional movement, visceral function and lymph drainage
- cortisol lowering and stress releasing
- improvement of heart rate, blood pressure and circulation
- relaxation of mind and regulation of emotions
- releasing and integration of memories stocked in our bodies

WHO IS THIS FOR



This retreat is **the very first step** of our journey with the breath and is designed for anyone who wants to:

- **Reconnect** with themselves and find balance in mind, body, and spirit.
- **Explore** the power of breathwork to **release** tension, increase energy, and deepen self-awareness.
- **Experience a supportive community** of like-minded people on the same journey.
- Take **time to pause**, reflect, and recharge away from the everyday hustle.

It is also ideal for **psychologists, medical professionals, and wellness facilitators** who wish to explore breathwork as a powerful support for healing processes.

There are no age limits or contraindications, and no prior experience is required. Whether you're new to breathwork or an experienced practitioner, this retreat offers tools, guidance, and inspiration to help you grow, heal, and thrive.



PROGRAM



DAYS 01/02

PHYSICAL LEVEL

TOPICS COVERED

- History of the Breath from antiquity to today
- Mechanics of the Breath
- Breathing patterns
- The flow of Breathing
- Activation of the Breath
- Anatomy and Physiology, Breathing with the diaphragm
- The power of Intention

PRACTICES, MEDITATIONS & SESSIONS

- *Morning Kick off*
- *Sounds and conscious movements*
- *Breathing Sessions*
- *The Work of Byron Katie*
- *Diadic Exercise*
- *Eyes Gazing Breathing*
- *Forgiveness Exercise*



DAYS 03/04

MENTAL/EMOTIONAL LEVEL



TOPICS COVERED

- Body and Emotion connection
- Body Chart emotional acupoints
- Defense Mechanisms and Conditioning in the Relationship with Emotions
- Repression and Release
- How the Breath acts on the Unconscious

PRACTICES, MEDITATIONS & SESSIONS

- *Morning Kick off*
- *Sounds and conscious movements*
- *Breathing Sessions*
- *Dearmouring self session*
- *Throat Session*

DAY 05/06

SPIRITUAL LEVEL

TOPICS COVERED

- Reconnecting with One's Essence After Creating Space Through the Breath
- Advanced Breathing Techniques
- Conscious Embodiment: Recognizing and Integrating One's Essence into the Body
- How to Continue the Relationship with the Breath After the Retreat

PRACTICES, MEDITATIONS & SESSIONS

- *Morning Kick off*
- *Sounds and conscious movements*
- *Breathing Sessions*
- *Mother Earth Rebirth Session*
- *Infinite & Triune Breathing*
- *Soul Star Breathing*



SCHEDULE

14th SEPTEMBER - ARRIVAL, CHECK IN AND DINNER

20th SEPTEMBER - DEPARTURE

EVERYDAY OUTLINE

7.00 - 8.00 Body and voice warm-up, kick off

8.00 - 9.30 Breakfast

9.30 - 13.00 Breathing Sessions and Theoretical Lesson

13.00 - 15.00 Lunch

15.00 - 19.00 Breathing Sessions and Theoretical Lesson

19.00 - 19.30 Shower and relax

19.30 - 21.00 Dinner

STAFF



INDALECIA ROHITA ZIRITT

Osho Sannyasin, Senior Trainer of Transformational Breath®, Neo Reichian breath & body worker, GBPA accredited as professional breathworker, IBF Ambassador, Shiatsu & Tuina practitioner, Sound & Voice Healer, Co-Founder of Breath&Body Wisdom, MER practitioner in training.

Following her ongoing journey (Chinese Medicine, Shiatsu & Tuina, Sound & Voice Healing, Osho Pulsation, Reiki, Shamanism, Akashic Records, and more), she has found her passion and mission in supporting others through their unique healing processes by teaching and facilitating conscious breathing and body awareness.

She takes a holistic approach to transformational processes, integrating the physical, emotional, and spiritual dimensions.

STAFF



JASMINE BRUNELLI

Certified Transformational Breath® Facilitator and Group Leader

Researcher of the visible and the invisible. She has pursued studies in Political Science and developed a thesis on the sociological significance of illness. She integrates studies in Theatre, Tarot, and Astrology, exploring the emotional body and esoteric traditions.

Certified in Transformational Breath® and the Buteyko Method, and currently training in Traditional Chinese Medicine and Shiatsu, she guides transformational processes through conscious breathing and body awareness across the physical, emotional, and spiritual dimensions.

LOCATION

ANTICO BORGO TIGNANO

Strada Provinciale di Casole d'Elsa,
52, 56048 Volterra PI
website : www.tignano.com





PRICES

RETREAT

FULL PRICE	1350 EUR
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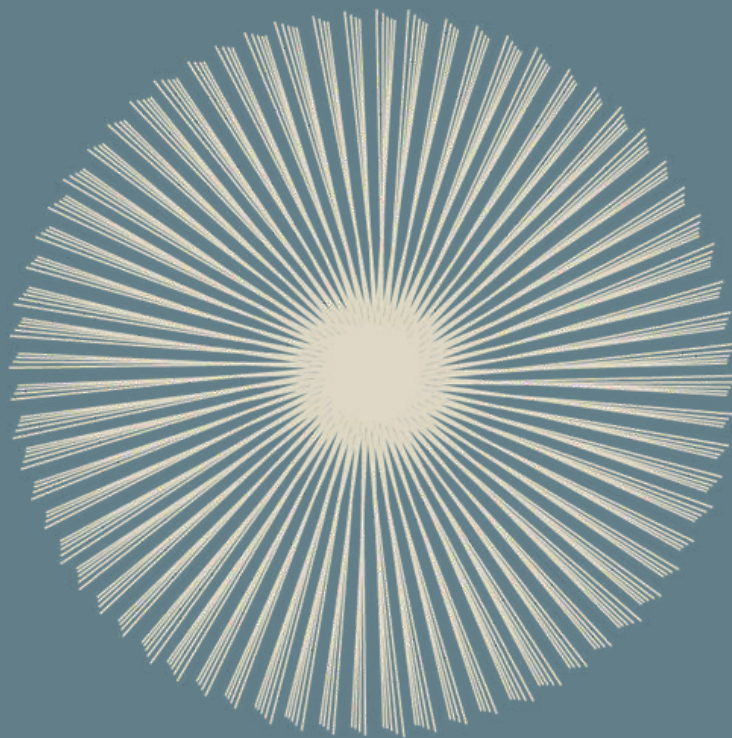
EARLY BIRD until 15th/08	1215 EUR
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ACCOMODATION

SINGLE BEDROOM	900 EUR
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DOUBLE	690 EUR
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TRIPLE	570 EUR
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INFO & RESERVATION

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