

BREATH & BODY

Wisdom

IMMERSIVE RESIDENTIAL RETREAT

REDISCOVER
YOUR ESSENCE
THROUGH THE BREATH

October 29th – November 1st

Centro D'Ompio
Pettenasco, Italy

THE BREATH

"In recent years, breathing has increasingly become the focus of scientific research due to one unique characteristic: Respiratory movements can be regulated by both conscious intention and unconscious processes.

This dual nature of the breath offers a rare and remarkable opportunity: it allows two domains of human experience, typically operating separately, to enter into meaningful dialogue".

The Language of the Organs
Giulia Enders

DAY 1

THE PHYSICAL LEVEL

OPENING THE BREATH

This level allows us to connect with ourselves and with our body itself, and to understand the dialogue between the wisdom of our Body and what the Breath reveals.

The physical level supports us in using a conscious breathing pattern, engaging our primary muscle of respiration: the diaphragm. This enables us to respond optimally to our physiological needs and to regulate our Nervous System.

Nowadays, many people have dysfunctional breathing patterns that can create significant repercussions for anxiety, stress, sleep quality, metabolic balance, and the proper functioning of our respiratory and cardiovascular systems and organs.

This level gives us a beautiful sense of belonging.



WHAT WE WILL EXPLORE

- The ancient wisdom of the Breath connecting with the modern Western world.
- The meaning of the relationship between our Breath and the way we live our lives.
- Breathing with the diaphragm and the aspects of an open, conscious and connected breathing pattern.
- Respiratory physiology through diaphragmatic breathing.
- The connection between our Breath, the Vagus Nerve and our Nervous System.
- The four levels of our breathing existence: Physical, Mental, Emotional and Spiritual.
- The benefits of Conscious Breathing.



DAY 2

THE MENTAL LEVEL

REVEALING THE SUBCONSCIOUS

The mental level includes our thoughts, beliefs, interpretations and inner narratives.

Much of this operates outside conscious awareness: learned conditioning and inherited narratives can organize our responses before we recognize them.

The shifts in physiology, attention and awareness during a breath session can make thoughts, memories, images and beliefs that usually remain beneath conscious attention more accessible.

As these patterns come into awareness, we begin to see how they have shaped our perception and responses — and discover other ways of relating to them: a new way of understanding our own story.

ON THE MENTAL LEVEL, THE WORK CAN:



- Reduce stress and anxiety.
- Support clarity, creativity and new perspectives.
- Strengthen the capacity to remain present with emotion rather than reacting on autopilot.
- Bring greater awareness to beliefs and habitual thought patterns.

THE EMOTIONAL LEVEL ACCEPTANCE & INTEGRATION

Emotion is connected to movement, and this reflects something we recognize through experience: feelings rise, change and pass when they are allowed to move through us.

Emotions are not problems, but meaningful signals. They carry information about our needs, boundaries, relationships and responses to what we have experienced.



WHAT WE WILL EXPLORE

- Bring suppressed or avoided feelings into awareness.
- Allow emotional expression and release.
- Ease anxiety and other low states through the regulation of the Nervous and Limbic Systems.
- Support the integration of past experiences.
- Develop awareness of our defense mechanisms and conditioning in relationship to our emotions.
- Restore our relationship with our accumulated feelings and emotions.

DAY 3

THE ENERGETIC / SPIRITUAL LEVEL

RECONNECTION WITH OUR ESSENCE

Our breath creates space within our psychophysical system, helping us release and process what is stored in our somatic memory.

From this space of openness, a new and deeper connection can emerge with our authentic Self — our Essence.

During a breathing session, it is not uncommon to experience profound peace, spaciousness or an aliveness beyond our usual sense of Self.

These experiences are often described as some of the most meaningful aspects of the work.



ON THE SPIRITUAL LEVEL, THE WORK CAN:

- Deepen our sense of inner wholeness.
- Reconnect us with our purpose and authentic expression.
- Open access to states of stillness, expanded awareness and connection.
- Connect us with our Essence, intuition and Inner Wisdom.
- Support Conscious Embodiment.
- Explore how to continue our relationship with the Breath after the retreat.

Breath moves through and influences our whole being.

Breath is physical, yet it is also intimately connected to our state of mind, our emotional experience, our energy and our awareness.

By changing the way we breathe, we can change our state — and create movement across our multidimensional being at once.



SCHEDULE

OCTOBER 29TH

ARRIVAL – CHECK-IN & DINNER

NOVEMBER 1ST

DEPARTURE – AFTER LUNCH



We will spend three magical residential days together, immersed in an experience dedicated to deep connection, self-rediscovery and sharing.

Guided by our Breath, we will travel together on a journey of returning to our Essence

STAFF



INDALECIA ROHITA ZIRITT

IBF Ambassador, Former Transformational Breath Senior Trainer, Co-Founder of Breath & Body Wisdom
Breath & Body Wisdom is an inspirational creation following the call to bring together the awareness of the Body and what the power of the Breath reveals.

Indalecia's spiritual path has been, and continues to be, a beautiful journey of exploring and experiencing different ways of being, sensing, feeling, integrating and transforming.

Through this journey, she has explored and integrated different disciplines, including Chinese Medicine, Shiatsu & Tuina, Osho Pulsation, Neo-Reichian Breath and Body, Sound & Voice Healing, Shamanism, Spiritual Purification, Akashic Records and MER – Myo-Fascial Energy Release.

Her purpose is to serve others in their personal transformative journey through the wisdom of their own Breath and Body, together with her unique and intuitive arts.

She leads and facilitates individual and group sessions, as well as personal and professional trainings in Italy, Belgium, Spain, Portugal and wherever a space of unconditional love can be created.

LOCATION



Centro d'Ompio
Via Pratolungo 47,
Pratolungo
I-28028 Pettenasco (NO)
Italia
website : www.ompio.org

Accommodation and Full Board

3 nights in a
private or
shared room
with 3 vegan &
vegetarian meals
per day



Book your spot



RETREAT PRICE:

- **Full Price:** 450 EUR
- **Early Bird:** 350 EUR (until 1 month earlier)

LOCATION PRICE:

- Single room: 450 EUR
- Double room: 315 EUR
- Triple room: 270 EUR

How to book your place:

1. **Send a €200 deposit** indicating your name and the date of the retreat to the following bank account:

Breath & Body Wisdom APS

Unicredit Banca

IT86V02008094080000102995270

BIC/SWIFT UNCRITM1204

2. **Send a copy of the deposit payment to info.breathandbodywisdom@gmail.com** indicating always your name and the date of the retreat you're booking.





Contact

Breath & Body Wisdom

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