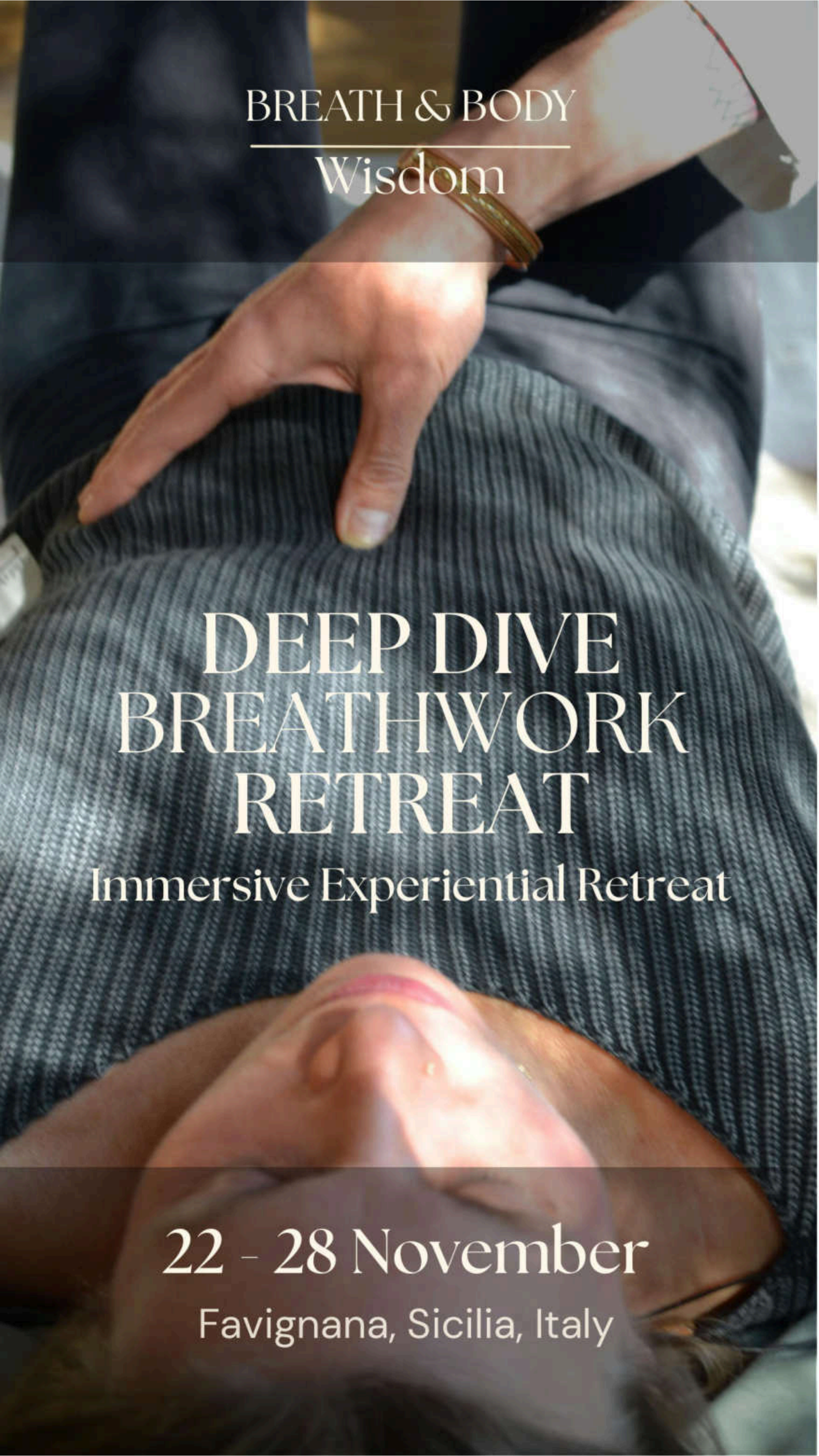


A close-up photograph of a person lying down, wearing a dark blue ribbed sweater. A hand with a gold bracelet rests gently on the person's chest. The background is softly blurred, showing a person's legs in dark pants and a white shirt.

BREATH & BODY

Wisdom

DEEP DIVE
BREATHWORK
RETREAT

Immersive Experiential Retreat

22 - 28 November

Favignana, Sicilia, Italy

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.

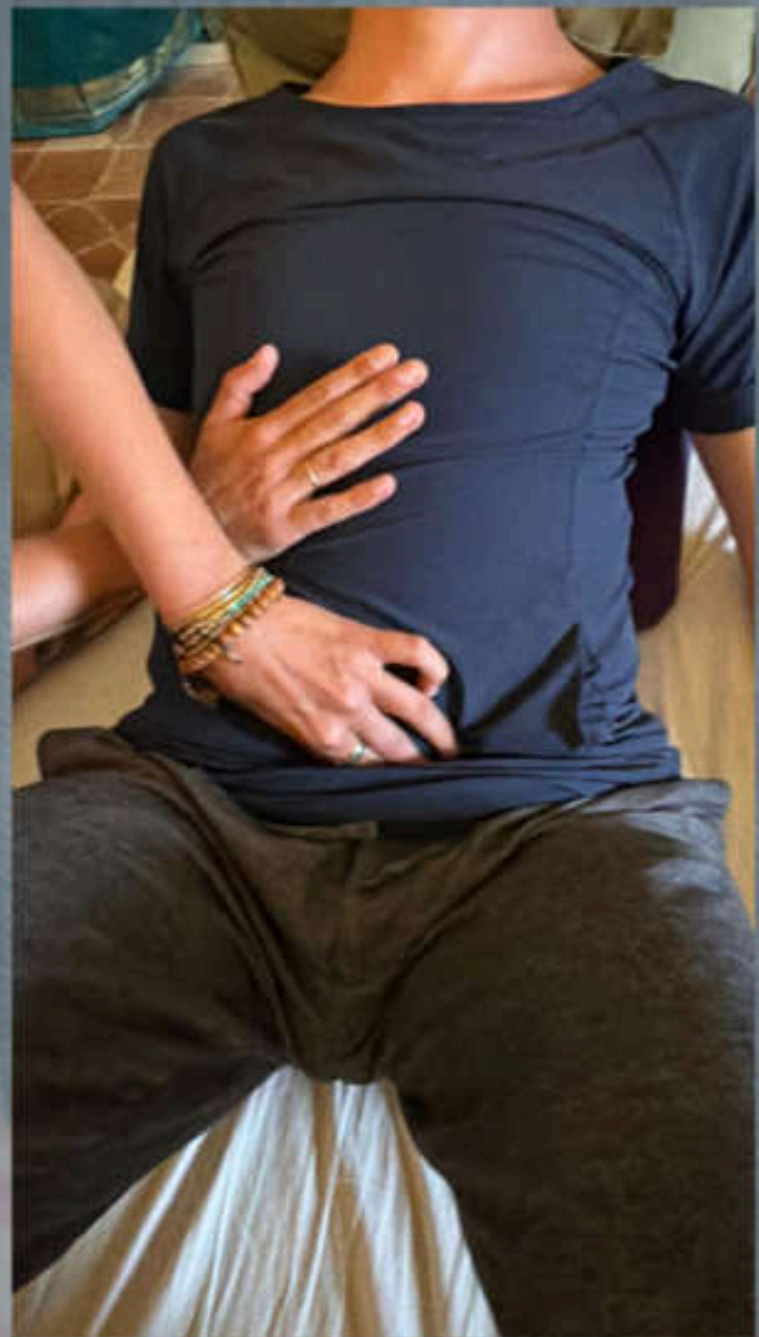
By reconnecting with deep, circular breathing from the lower belly, the body begins to release tension stored from years of holding and control. Our approach encourages expression: movement, sounds, and emotional release occur in a safe, supportive space.

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 CIRCULAR DIAPHRAGMATIC 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.

DAY 1 - 2 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 3 - 4

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



DAYS 5 - 6

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

NOVEMBER 22TH

ARRIVAL – CHECK-IN & DINNER

NOVEMBER 28TH

DEPARTURE – AFTER LUNCH



We will spend 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.



LOT DE CLERCQ

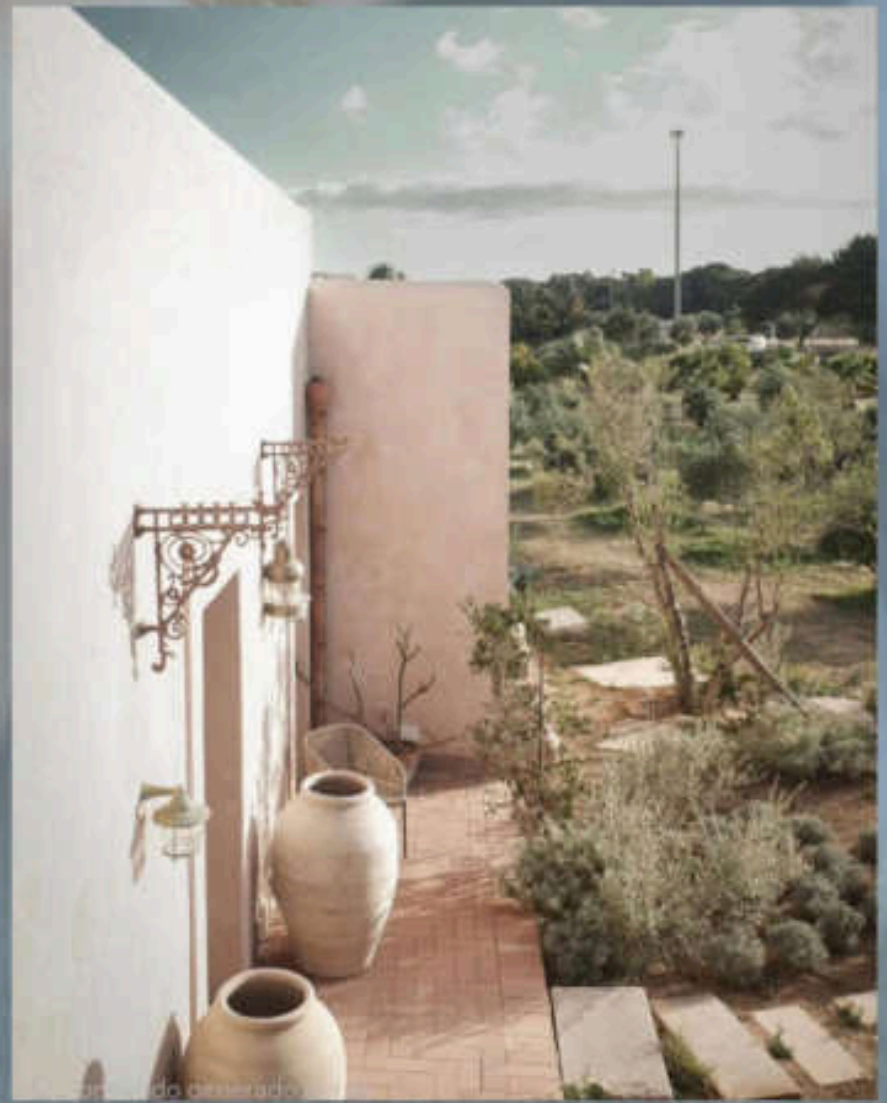
With more than twenty years of experience as a psychotherapist and supervisor, Lot has dedicated her life to the exploration of the human being and the emotional landscape.

Her own journey through illness led her to reconnect deeply with her body and discover Transformational Breath[®], which became a profound turning point in her life.

Since 2022, she has devoted herself to sharing the power of conscious breathing, offering individual and group sessions and collaborating in trainings and seminars across Belgium, Italy and Portugal.

Her work is rooted in deep listening, sensitivity and presence, supporting people in reconnecting with their bodies, their essence and their innate capacity for transformation.

LOCATION



TALĚA

casa mediterranea

Favignana, provincia di Trapani.
Sp Punta Sottile, 13 - 91023 , 1,2 km from
the Port. It's easy to organize a transfert.
website: www.taleacasamediterranea.com

Accommodation and Full Board

6 days & 6 nights
in a private or
shared room
with 3 vegan &
vegetarian meals
per day



Book your spot



RETREAT PRICE:

- Full Price: 1.350 EUR
- Early Bird: 1.215 EUR (until 2 months earlier)

ACCOMODATION PRICE 6 NIGHTS INCLUDING FOOD:

- Single room: 870 EUR
- Shared room: 600 EUR
- Shared apartment with Shared room: 450 €

HOW TO BOOK YOUR PLACE:

1. Send a deposit of €375, to the following banking details:

Breath & Body Wisdom APS

Unicredit Banca

IT86V02008094080000102995270 BIC/SWIFT
UNCRITM1204

Reference: name and retreat's date

2. Send a copy of the deposit to
info.breathandbodywisdom@gmail.com



A close-up photograph of a pregnant woman's belly, which is covered in a light blue ribbed sweater. A hand with a gold-colored bracelet is gently touching the belly. The background is slightly blurred, showing parts of the woman's body and clothing.

Contact

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