

FIND YOUR RHYTHM

with ELBINTH

Methodology

- Breathwork
- Vocal Exercise
- Body observation
- Physical Movement

Process

- Breathwork session - Understanding different levels of breathing
- Humming the sound of your soul and finding interconnected level which elevates
- Intuitive movement- Moving to the common rhythm
- Finding the parts of your physical self that feel stuck or
- Journaling about the parts that feel stuck or need more love - emotional, mental & physical

Connection

The idea behind the 'Find your rhythm' practice is to combine somatic practices with breathwork and sound to activate the inner aura. Breathwork helps bring focus and connection, the vocals bring the activation and movement brings the missing piece, the flow. The conclusion with body observation helps identify what works and what doesn't, which can be used to modify the practice.