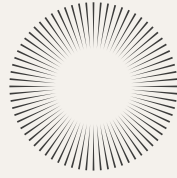


ELLIE LOVES

The ultimate set up guide





I've created this guide to help you set up your space for comfort, deep relaxation and connection, based on my own practice and feedback from breathers.

The key is to make it easy and enjoyable - that way you'll feel more inclined to do it and make it a regular practice.

_____ Find your sanctuary

Find a comfortable, warm, and peaceful space - for me, it's usually my bedroom, but somewhere where you can fully immerse yourself in the experience. If you share your space with family or friends ask not to be interrupted and set your phone to 'do not disturb'.

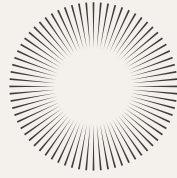
_____ Create a space that feels good

I like to use oils blended especially for this practice, to light a candle and I use the Animal Spirit oracle card deck by Kim Krans. Create your own ritual that means something to you:

- ☀ Light a candle - to begin your practice
- ☀ Apply essential oils to your pulse points for an added sensory experience.
- ☀ Burn incense, sage or Palo Santo
- ☀ Maybe pick an oracle card to symbolise the commencement of your dedicated self-care time. I like to use the same deck and to build a relationship with the deck to build trust in the wisdom.

_____ Set an Intention

Before you begin breathing, take a moment to set an intention for your practice. Reflect on what you hope to achieve or gain from this session, whether it's relaxation, clarity, or a sense of inner peace - you choose.



Comfort Essentials

Ensure your physical comfort by gathering a few items:

- ☀ Warm socks to keep your feet warm during the practice.
- ☀ Warm layers, a duvet or blanket for warmth and comfort.
- ☀ A cushion or pillow - preferably a neutral one (not your sleeping pillow) from your home to express yourself through sound.
- ☀ Treat yourself to a special bolster for your legs, if needed to support your back.

Enhanced Listening

Choose your preferred listening device for an immersive experience:

- ☀ Speaker, laptop, over-ear headphones or AirPods - I like over ear headphones - to immerse fully in the music!

Stay Hydrated and Satisfied

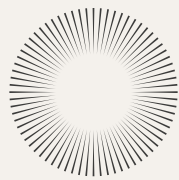
Have a bottle of water nearby and I like to have my favourite delicious dark chocolate to savour as a post-practice treat.

Capture Insights

Keep a journal and pen handy to record any insights, moments of clarity, or creative ideas that arise after your breathwork session. This can help you reflect on your experiences and track your personal growth. Sometimes I feel really compelled to write and other times I prefer to bathe in the afterglow and not rush into make sense of things.

Remember, this downloadable PDF guide is designed to enhance your breathwork practice and create blissful space for self-care and reflection. Every time you breathe it's different. Stay open to receiving and trust that you'll get what you need.

Feel free to personalise your setup as needed, and let me know if you find something that really works for you that you'd like to share.



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(Note: This guide is for informational purposes only and is not a substitute for professional advice or guidance. Consult a healthcare professional before beginning any new wellness practices.)

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