



## FULL SYSTEM RESET

### 9D SOMATIC BREATHWORK JOURNEY

Sunday, August 27  
10:00 - 11:30 am

\$55 PER SESSION



## WHAT'S 9D SOUND?

The live, guided, 9D, somatic breathwork journeys incorporate:

- 9D Multi-Dimensional Sound
- Binaural Brain Entrainment
- Isochronic Brainwave Tones
- Solfeggio Frequencies
- 432Hz Harmonic Tuning
- Subliminal Hypnotic Therapy
- Bioacoustic Sound Effects



## Nicole Gotthold

Trauma-informed  
Alignment Coach  
Somatic Breeathwork Facilitator  
Energy Pracitioner

## JOURNEY DESCRIPTION

Buckle your seat belts and get ready for the Full System Reset, a somatic breathwork experience purpose-built to aid you in the mastery of release.

This all-encompassing experience frees you from the clutches of the past, discarding both physical and psychological loads that foster unease. Interweaving themes of acceptance, gratitude, self-belief, and courage- it fosters a powerful personal rebirth.

This revitalizing journey acts as a cornerstone for sustained growth and recovery, fortifying the emergence of your genuine self.

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