Your first Experience.

Guided group breathwork and meditation in Orlando: 35, 70, or 90 minutes of breath set to an original score and programmed light, in a small room, with quiet time to land it before you leave. Here is the whole night, so nothing surprises you.

THE FIVE BEATS

Arrive

Doors 15 minutes before. Phones sealed at the desk, shoes off, a mat and a blanket, and a one-minute reading of how you walked in.

Intend

One honest line on a card, written and private. A reason for being here tonight, in your own words.

Breathe

The format's arc, paced by the score: breath first, then stillness. A rest position is taught first and stays available the whole way through.

Integrate

Silence, then the page, then four layers of sharing to choose from. At least eight minutes, protected.

Return

Lights rise on the final line. The card leaves with you, and two days later we ask you about it.

BRING AND WEAR

- Wear something you can lie down in. Mats, blankets, and eye masks are provided.
- Bring water if you want it; there is water in the lobby.
- Phones go into a pouch at check-in and come back at the Return.

WHAT YOU MAY FEEL

- Calm, mostly. Warmth. A slower heartbeat. Some people feel mild tingling in the hands or face.
- Something may come up. It is allowed to. You don't have to do anything with it yet.
- Rest is always available, and taking it is never a failure.

HOW WE HOLD THE ROOM

- Four participation layers, always offered: Private, Paired, Circle, Community. You choose the layer. No one is ever called on.
- Screening is care. It comes before the deeper formats, and it decides which door is yours tonight.
- The Facilitator narrates permission, never meaning. No one interprets your experience for you.
- The default is no touch, ever, without your explicit consent that session.

YOUR FIRST DOOR

- Start with RESET: the softest door in. Slow, structured breathing into guided stillness. Nothing to prepare and nothing to know beforehand.

Experiences are not medical or psychological treatment and do not replace care from a licensed professional. Participants are responsible for reviewing contraindications and consulting their physician where indicated.

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