



## DISCOVER YOUR BREATH

- Discovering the breath is the first step to the individual's own unique and mysterious nature. Starting to know one's own breath forms the basis of healthy and effective breathing methods. The person is embodiment of his/her own breath.
- Like everyone, unique and incomparable breathing modalities are tools for exploring what the people's own bodies tell about themselves.
- Personal breathing practices experienced with interconnected and conscious breathing technique clarify the search for harmony and integrity in all layers.
- The individual develops a skill that allows him/her to know his/her own breath, therefore own unique nature, with Discover Your Breath program.
- These practices experienced in physical, mental and spiritual layers allow the individual to authentically and genuinely correlate with the breath.
- At the end of 8 weeks of complementary training that follows the development of breath, the individual increases the capacity of breathing with activation of diaphragm.
- The individual starts to breathe better, have more energy, feel more peaceful and full of love and eventually, reach higher consciousness levels.
- By recognizing the breath, the individual learns to work with suitable techniques in different conditions.
- The individual experiences integration of emotions by staying in personal working process.
- The individual gains the ability to perform breathing session on his/her own.

### WHAT DOES IT INCLUDE?

- Working principles of respiratory system
- Emotion – body map, personal breath analysis
- Basics and application methods of personal breathing session
- 8 Breathing sessions under guidance of instructor
- 8 weeks of home exercises and work items
- 4 question&answer sessions following development
- Sustainability of awareness for breathing

### 8-WEEK TRAINING PROGRAM:

- 1. Conscious Breathing:** Basics of diaphragm and respiratory system, Anatomy of breathing session
- 2. Breath Analysis:** What does breath model tell? Preparing personal breathing session
- 3. 3 Levels of Breathing:** Connection with lower, current and higher worlds, vibrational change
- 4. Physical Level of Breathing:** Natural breath span, integrity of will and orientation
- 5. Emotional Level of Breathing:** Mental freedom, emotional integrity and orientation
- 6. Spiritual Level of Breathing:** Higher consciousness levels, spiritual integrity and orientation
- 7. Statement of Existence:** Going beyond the limited stereotypes, living the authentic identity

**8. Being the Expert of Your Own Breath:** Feeling the joy and peace in the moment, practical approaches with breath



### 8-WEEK PERSONAL WORK ITEMS:

1. Now, I am in the moment
2. I am the source of reflections that I see
3. My mind, will and heart coalesce
4. I am here and I feel
5. I am in safe
6. I accept my divine existence
7. I express myself without any strings attached
8. I choose to unite with love

### PROGRAM FLOW & TRAINING DATES:

***Orientation / Live Broadcast: October 13, Wednesday, 21:00-22:00***

***Primary Session & Introduction: October 25<sup>th</sup>, Monday 20.00-21.00***

***1<sup>st</sup> Session: October 31<sup>st</sup>, Sunday 14.00 - 16.00***

***2<sup>nd</sup> Session: November 7<sup>th</sup>, Sunday 14.00 - 16.00***

***Question&Answer: November 8<sup>th</sup>, Monday 20.00 - 21.00***

***3<sup>rd</sup> Session: November 14<sup>th</sup>, Sunday 14.00 - 16.00***

***4<sup>th</sup> Session: November 21<sup>st</sup>, Sunday 14.00- 16.00***

***Question&Answer: November 22<sup>nd</sup>, Monday 20.00 - 21.00***

***5<sup>th</sup> Session: November 28<sup>th</sup>, Sunday 14.00- 16.00***

***6<sup>th</sup> Session: December 5<sup>th</sup>, Sunday 14.00 - 16.00***

***Question&Answer: December 6<sup>th</sup>, Monday 20.00 - 21.00***

***7<sup>th</sup> Session: December 12<sup>th</sup>, Sunday 14.00 - 16.00***

***8<sup>th</sup> Session: December 19<sup>th</sup>, Sunday 14.00 - 16.00***

***Final Session: December 27<sup>th</sup>, Monday 20.00 - 21.00***

## *RECLUSION: To be held in 2022.*

### About the Instructor:

#### **Cansu Durucan**

Cansu Durucan The motive of following her inner voice since when she started to know herself has become the source of Cansu's journey. After she was graduated from department of architecture in Istanbul, she moved to London for Design and Strategy training. Her project named 'TRUST' with which she gained a competition led her to make research on subjects of society, design and technology. She observed what people need to be happy within the social order they live in. Everything was moving rapidly day by day, their junction points were multiplying and the external sources were falling short for people to find inner peace. While meditation that she started to facilitate her work order was gradually becoming one of the main subjects in her life, she realized that the source of life was fed by the inner reality. She moved to India in 2014. She added the knowledge and experience provided by the lands on which she was living at that time into her life. She met eastern and western philosophies. While every journey was starting towards her inner self, she perceived the fundamentals of working meticulously, conscientiously and heartily and becoming the road itself during the journey. What was the tiniest step to become a better person every day? She met the higher consciousness levels brought by the breath in the training seminar "Transformational Breath®" which she attended to in 2015. After completing Professional Coaching training, she became a Breathing Therapist and Trainer.

She has worked with Judith Kravitz who is the founder of the technique in many international seminars organized by TB® foundation since 2016. She stayed at Kopan Monastery in Nepal in 2018. She received Four Noble Truths education. She completed 200 hours of Yoga Instructorship Training with Mey Elbi in 2019. She attended to Vipassana course for 10 days in Dahamma Atala in Italy. She completed Transformational Breath® Instructorship Training in Los Angeles. She studied with Munay-Ki rituals – the ancient teaching of Inca Shamans – in Sacred Valley, Peru in 2020 and became an initiate. She supported her personal journey with Reiki 1-2-3, Regression and Womb Wisdom.

Cansu continues her works with one-to-one & group studies, camp & reclusion weeks to discover the mysteries of the relation between individuals and their lives and breathes. While each discovery finds a place in the road to her heart, she maintains the situation of 'being' with all studies she included in this road. She shares her discovery field with her fellow travelers.

The breathing exercise named "Connecting with Your Breath" which is organized online continues two days a week with the interactive breath group that has reached to 500 people.

### TO REGISTER TO THE PROGRAM:

**Fee: 3540 TL (Incl. V.A.T.)**



Early Payment Discount is **Valid Until**

**October 15<sup>th</sup>**: 3068 TL (Incl. V.A.T.)

**Maximum number of attendees: 25 People**

**Day & Time of Training:**

Sunday- 14:00-16:00

Monday– 20:00-21:00 (*Question/Answer*)

Location of Training: Zoom

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For further information & application: [codelotus@amerikanhastanesi.org](mailto:codelotus@amerikanhastanesi.org) [or](tel:02123113480) (0212) 311 34 80

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