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Shamanic Breathwork goes one step beyond the traditional shamanic journey by utilizing the techniques of super-oxygenated breathing, chakra attuned music, art creation, and the five cycles of shamanic consciousness. The value of this process is then shared through many stories from actual Shamanic Breathwork participants.

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### Shamanic Breathwork: Journeying Beyond the Limits of the ...

What is shamanic breathwork? Shamanic breathwork is a process of controlled and conscious breathing, used to awaken the inner self. When you have control over your breathing, you can explore parts of your mind and body that would otherwise not be so easy to reach.

### What is shamanic breathwork and how is it used?

Breathwork is a highly attuned meditative gateway into expanded states of consciousness and deep connection with self. The breath, aided by chakra-attuned music and integrative processing, provides a route to the discovery of your inner landscape, healing, and trauma release.

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### Shamanic Breathwork, Journeying Beyond the Limits of the ...

The use of Shamanic Musical Journeys. Shamanic Shakti Art Process's. Experiential Group Processing, Integration, and Grounding. Each segment builds upon the other in a spiraling fashion, providing students with the knowledge and experience to facilitate a Shamanic Breathwork Journey.

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Shamanic Breathwork is a must read for anyone ready for a major shift in consciousness." –John Lee, author of The Flying Boy and The Anger Solution "In the Shamanic Breathwork journey, Star Wolf weaves her own healing experience into a powerful, compassionate process of deep inner work for others."