

HIGHER BREATH L1

2024
SYLLABIS

Awareness

Session One

Acceptance

Session Two

Release

Session Three

Awakening

Session Four

Alignment

Session Five

Expansion

Session Six

Welcome to Higher Breath

It's time to move from stress to coherence. In order to reach that next level in your journey you know deep down it's about inner alignment.

A true embodiment of heart, body and mind. You are aware of this and yet, at times you lack the tools, resources and accountability to get to that next level (even though you know are you destined for it) and that's exactly why you signed up for this program.

Together, we will move through Awareness to Expansion and beyond in this immersive transformative breathwork and coaching program.



A NOTE FROM ME.

2024
SYLLABIS

Thank you for being here.

Whatever you decide from this moment forward has the potential to change the entire trajectory of your life. Yes, you are that powerful! However, somewhere along the way you, I, we learned to disconnect from that power (which is what I call Higher Energy.)

This is often due to fear and separation caused by our limited mind. Whatever your story is, whatever you have observed or experienced I am here to tell you that you are so much more and therefore, there's so much more for you to experience.

Our thoughts, beliefs, emotions and behaviours ultimately create our physical reality. If we choose to pay attention through cultivating a greater awareness of ourselves, we can co-create a life that aligns more with our Higher Energy, and our heart's desires.

Our heart is our connection to the unified field of consciousness, where we are all one, interconnected with the universe, our direct channel to our Higher Self which is true to who we are – really.

Today so many of us are living in our minds due to stress + anxiety which is causing us great suffering + disconnect. This program and time together is about getting to the core of who you are and establishing a connection with your Higher Energy so you can live a life of authenticity, abundance and joy.

This program will challenge and invite you to rewrite your belief systems through a free-flow coaching model where we focus on what are your primary beliefs, emotions and behaviours holding you back from reaching your whole-being potential.

I will teach you tools, techniques and practices (backed by science) on how to process, release and heal your stress/anxiety, body tension and negative energy through the mechanism of breath while creating a safe, supportive and nurturing space for you to rediscover your true nature and live a sustainable healthy, purposeful and happy life.

Kindra Fox



01. AWARENESS

“Ignorance is NOT bliss”

The more conscious we can choose to become of our patterns, beliefs, emotions, and thoughts the more opportunity we create for change. It all starts with our breath.

With each breath in this session, develop a greater awareness of the self and the body as the foundation of this journey.

Themes: Presence, Heart, Consciousness, Inner knowing, IS-ness, Higher Energy, Central Channel.

Breathing Techniques: Balance breathing, Slow Diaphragmatic Breathing, Halo, Space Between Breaths



02. ACCEPTANCE

“It is what it is”

We can tap into a specific power when we're in full-body acceptance of what is, when we allow ourselves to take up space, inviting all past versions of ourselves to be accepted and allowed.

In this session, you will be invited into a safe space with your breath to be fully witnessed in unconditional loving presence.

Themes: Allowance, Compassion, Welcoming, Trust, Inclusion, Containment, Forgiveness and Understanding

Breathing Techniques: Balance Breathing, Slow Halo, Holds



03. RELEASE

“Feeling is healing”

When we feel safe to release and let go, we create spaciousness in our body and nervous system to heal. Through our breath and intention, we can digest experiences and emotions leaving us feeling renewed and restored.

In this session, we will guide your breath to meet stuck or blocked emotions ready to be released.

Themes: Surrender, Expression, Flow, Spaciousness, Death, Softening and Lightness

Breathing Techniques: Balance Breathing, Heart Shifting, Top Holds, Somatic Sighing, Vagal Toning.



O4. AWAKENING

“And, who are YOU really?”

It's time to rise, it's time to be reborn and it's time to reclaim who you are REALLY. Beneath the stress and anxiety exists a state of being where you feel like your most authentic self: Confident, calm, coherent and ready to embrace your Higher Energy.

In this session, we will awaken new pathways through your breath to birth a new version of you that feels aligned.

Themes: Rebirth, Discovery, Possibilities, Choices, Vision, Change, Aliveness and Activation

Breathing Techniques: Balance Breathing, Nose Halo, Pulse and Bottom Holds



05. ALIGNMENT

“Align your Breath, Align your Life.”

Our thoughts, emotions, beliefs and behaviours must be aligned to enact change in our lives. More importantly we must align our breath. This is what I call embodiment. When we're congruent with ourselves, we're congruent with life.

In this session, we will develop a profound sense of intuition, felt sense, and energy through the bodies intelligence.

Themes: Embodiment, Unity, Direction, Clarity, Safety, Integration, Intuition, Ease, + Harmony

Breathing Techniques: Balance Breathing, Ocean Breath and Meditative Breathing



06. EXPANSION

“Expansion is only the beginning.”

What we often don't realize is that we're always being guided by the universe to expand. To evolve and grow. The question is, are we expanding towards what we prefer? Are we evolving in the direction of love and joy? Or are we choosing to contract due to fear and anxiety.

In this session, we will redefine your relationship with expansion allowing for more space to be created to expand in the direction of your highest vision and goals free of fear.

Themes: One-ness, Leveling-up, Growth, Appreciation, Joy, Pleasure, Becoming, Development, Influence

Breathing Techniques: Balance breathing, Mouth Halo, Meditative Breathing



CLIENT TESTIMONIAL

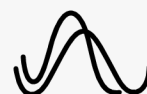
Tanveer Mostafa, Director of Sales Untap your Sales Potential

"At the time, I was dealing with an unhealthy amount of self-sabotage, stress, and anxiety. These problems were negatively impacting me both physically and mentally. After speaking with therapists and doctors, neither of which helped me...I decided to give Kindra's program a shot.

It has been one of the most transformative experiences of my entire life. From the start, I could feel Kindra's genuine care and kindness shine through. She creates a safe space to share, be vulnerable, and practice the breathwork—entirely free of judgment.

I thought this program might, at best, help me deal with stress a bit better. Instead, it ended up helping me completely detach from my sales results (which ironically helped me close more deals), feel much more present and connected in my marriage, and, most importantly, feel fully at peace with myself, exactly how I am. Now, I practice the breathwork practically every day.

Kindra, thank you for being you and providing your gifts to the world. This has been truly life-changing for me."



TESTIMONIAL

BREATHWORK

CLIENT TESTIMONIAL

Scott Beitel, CRO Platform Insurance

"I met Kindra years ago at an industry function and more recently we reconnected after I read one of her insightful posts on breathwork. The timing was perfect as I had been considering different mindfulness practices as part of a holistic wellness routine.

Life was becoming increasingly hectic and demanding. Trying to balance family, a fast-growing business, and social activities resulted in me neglecting healthy routines. My stress levels increased, while sleep quality, exercise, and mental sharpness all decreased. I recognized that I was not the best version of myself, and I wanted that to change.

Kindra's breathwork program has helped me to recognize the triggers of my stress, intentionally pause and reframe my outlook. She has inspired me to identify my energy and put thoughts into perspective. Overall my sleep and mood has improved significantly, and I feel I am learning techniques that I can apply anywhere, at any time of the day as I may require.

Kindra has shown me how to consciously choose my energy and intentions. Stress and challenges are an inevitability, but understanding how to constructively manage these issues and reframe this energy has been one of my most valuable insights.

I would highly recommend Kindra's program to any Executive or leader who, like me, feels the negative impacts of stress and pressure of balancing work and personal life while (incorrectly) rationalizing that they don't have the time to prioritize mental health. I can assure you that this program has not only helped me to address and manage those stresses, but has also given me a framework to model positive behaviours for my family, friends, and colleagues.

Every day is an opportunity to learn and improve. Every day I am becoming a better version of myself! Thanks Kindra."



NEO EMOTIONAL RELEASE

“Unleash Yourself.”

We are not our thoughts, nor are we our emotions. They are simply our human experience, and our authentic expression. When we suppress our emotions due to fear or limited understanding we disconnect from our bodies.

This causes a range of cascading effects from chronic pain to poor digestion. True healing happens in the presence of unconditional love and acceptance. When we can create a safe space for these emotions to be expressed we can experience lasting healing.

Neo Emotional Release is a psycho-somatic approach that brings together vocal guidance, breath and touch to create an unforgettable experience of healing and transformation.



CLIENT TESTIMONIAL

Melody Klassen, Business Owner and Mom to be.

"I booked my first session with Kindra a couple of months ago not really sure what to expect. In that time I've learnt so much about myself as an individual. The amount of build up of old emotions and energy that never got the chance to be felt and released was a lot.

She provided a powerful and safe space to be able to process these old traumas and help the body to be able to release them which was life changing for me. Through my work with her I've learnt just how powerful our breath is and that by doing something as simple as breath work you can change the way your entire self operates.

Most importantly I feel like I've gained tools in life to navigate all parts of my life and not to get so stuck when I encounter difficult emotions or situations in life. Honestly when I booked my first session, I don't think I expected to change my life as much as it did and I am forever grateful."



CLIENT TESTIMONIAL

Michael Clemente, Sr. Director Volvo Canada

"When embarking on a journey of emotional release, finding the right guide is paramount. My decision to choose Kindra was rooted in her exceptional ability to create a safe, serene space where healing can genuinely occur. From the moment I stepped into her presence, I was enveloped in an atmosphere full of zen—a tranquil oasis that immediately put me at ease.

Kindra's approach is deeply intuitive and compassionate. She has an innate gift for making her clients feel completely supported and understood. Throughout our sessions, I consistently felt a profound sense of unconditional love radiating from her. This love was not just a passive presence; it actively facilitated my emotional release, allowing me to explore and heal in a way that felt both natural and deeply restorative.

A critical element of Kindra's sessions is the emphasis on inner reflection and understanding. Her guidance has helped me uncover and address the underlying barriers in both my professional and personal life. Through her insightful questions and empathetic listening, I was able to gain clarity and perspective that I had previously struggled to achieve. This process of self-discovery has been instrumental in removing obstacles that hindered my growth and success.

One of the standout aspects of Kindra's practice is her ability to balance professional expertise with genuine empathy. She guides with a gentle hand, encouraging self-discovery and emotional freedom without ever imposing or rushing the process. Her sessions are meticulously designed to foster an environment where vulnerability is met with warmth and acceptance.

In essence, Kindra is not just a facilitator of emotional release; she is a beacon of light guiding one through the complexities of inner healing. Her unique combination of a zen-filled space and an atmosphere charged with unconditional love makes her an exceptional choice for anyone seeking profound emotional liberation. The inner reflection and understanding she cultivates have empowered me to break through barriers, enriching both my professional and personal life."



THE PRACTICE

We all have the power to change our lives, but it starts with changing our breath.”

Hi and welcome to the practice.

The practice is an essential component in recalibrating your nervous system and resetting your baseline.

Our nervous system baseline is formed from the moment we are born, more specifically during the years of 0-7.

Our earliest relationships tend to make the most impact on our nervous system responses – though, those relationships and responses do not define us it's imperative we learn how to regulate so we can heal + transform into our highest self.

This practice in my experience is a make or break as we go through this process together if you truly desire to make lasting changes.

The goal for the practice is to make it your own, choosing a time and place that most supports you and making a decision to cultivate a new habit.



THE PRACTICE

Continued...

The practice is meant to be simple, yet powerful.

The practice is based on proven science that shows when we intentionally breathe in and out equal on the inhale and exhale we achieve heart coherence.

When heart coherence is achieved this creates balance between the brain and heart.

This supports a healthy response in the nervous system and over time with practice allows the baseline to be shifted naturally.

Practice Steps:

1. Choose a time/place that supports you to pause. Some clients tend to enjoy the early morning or afternoon between meetings to reset.
2. Set a timer for 10 minutes.
3. Focus on the area of the heart.
4. Breathe a little slower and deeper than usual for a goal of 5 seconds in, 5 seconds out. (if you need to start at 3 or 4 that is okay)
5. In the last five-seven minutes focus on a positive feeling such as care, compassion or appreciation.

*We will increase the time by 5-7 minutes each month.

