

FEATURED EXPERIENCE

Power of the Breath.

*Out of the head. Into the body.
Back to the heart.*

A three-hour morning with Rhys Thomas. He shares his own inspirational story, including addiction and health issues, and how the power of breath carried him through it. Then the room stops listening and starts breathing: a full Conscious Connected Breathwork session that gives every participant a deep nervous system reset.

THE FORMAT

3 hours · Up to 100 participants
Wed 21 Oct, 10h00 to 13h00
Parkview Event Space, Woodstock

MIXED

Free for Summit ticket holders · R250 public

One practice. Five movements.

1

The arrival

A welcome, safety briefing and an introduction to Conscious Connected Breathwork and what to expect in the body.

2

The story

Rhys shares his own difficult backstory, including addiction, and how the power of breathwork carried him through it.

3

The science

Breath science and nervous-system education: what actually changes when the breathing changes.

4

The breath

The room stops listening and starts breathing. A full Conscious Connected Breathwork session for every participant.

5

The reset

Grounding and integration, and a visceral first-person answer to the question the whole week asks: what changes when you train the mind through the body?

What participants leave with:



A nervous system reset

A full Conscious Connected Breathwork session, felt in the body rather than explained from the stage.



Evidence from their own body

First-person proof that changing the breath changes the state of the mind.



A practice they can keep

Breathing techniques to regulate stress and state, usable from the same afternoon.



The story behind the practice

Rhys's own account of addiction, recovery and the breath that carried him through.



Head to body to heart

An invitation to come out of the head, into the body and reconnect with the heart.



The week's question, answered

A visceral first answer to: what changes when you train the mind through the body?

Three hours, one practice, and a visceral first-person answer to the question the whole week asks: what changes when you train the mind through the body?

Rhys Thomas
Breathwork Practitioner

Former international rugby player turned transformational breathwork practitioner. Rhys lived for years with a mechanical heart before receiving a heart transplant, and now combines that lived experience with 800+ hours of breathwork training, breath science and trauma-informed practice.

Unslave Your Mind™