underneath

deep talk. deep breath. deep work.



ISABELLA WEINMANN
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THREE
sessions

TWO
guides

ONE
decision

TO SEE CLEARLY IS TO GO DEEP

BEFORE
exploration
30 MIN
SINGLE SESSION

→

SESSION
breathwork
90 MIN
GROUP SESSION

→

AFTER
integration
30 MIN
SINGLE SESSION

"Two distinct approaches that complement each other in a unique way.
An outstanding, long-lasting transformation."

CLIENT'S FEEDBACK

VIRTUALLY • LIMITED PLACES • FOR HIGH PERFORMERS

Medical clearance required. Not a substitute for medical or psychotherapeutic treatment.