

TRUE CALLING\*

# Breath coaching



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A GUIDED JOURNEY WITH THE BREATH

# Breath coaching

Through a guided breathing session, you consciously use your breath to achieve a certain state. For some, this means deep relaxation. For others, it means intense release. By controlling your breath, you move in a certain direction – towards what demands

your attention.

In a safe and professional setting, I guide you through a session that focuses on your body and your breath. Not to force anything. Not to “fix” you. But to create space.

## Who is it for?

Breath coaching can help with:

01 Stress and tension

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02 Recovery from burnout

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03 Letting go of pent-up emotions (such as anger or fear)

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04 Chronic hyperventilation

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05 Or simply when you feel that ‘something is stuck’

In fact, it is suitable for anyone who is willing to look inside.

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## How does a first session work?

### We start with a conversation

What makes you want to do a breathing session? What is your intention? Together, we look at any contraindications (medical or mental), so that safety always comes first.

### Then we start with a breathing analysis

How do you breathe? Where does the breath get stuck in your body?

Based on what we see, I guide you with different breathing techniques to breathe more freely.

During the session, I will support you with gentle touch or pressure on areas where tension is held, always in alignment with you and always respecting your boundaries.

### We will end with an integration phase

You will lie quietly and let the breath continue to work. Afterwards, there will be time for a debriefing.

## What can you experience?

**Physical** sensations: tingling, warmth or cold, dizziness.

**Emotions:** sadness, anger, vulnerability – or just deep peace.

Sometimes nothing at all. Everything is welcome.

Safety is essential. Your boundaries are important. A 'no' is always respected.



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## About Tim

Based on his personal experience with breathwork and mindfulness, Tim trained at the Transformational Breath School® and with Kasper van der Meulen.

He has since facilitated many sessions and creates a safe container in which people can experience their own process in a calm and respectful way.

## Curious?

Are you interested in learning more? Do you have any questions?

Feel free to contact us to make an appointment or receive more information.

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