

BREATH & SOUND EXPERIENCES



ABOUT

thribecom.au

Paulina is a certified an Advanced Soma Breath Instructor, Mindfulness Teacher, and Sound Alchemist. Since 2017, she has been deeply immersed in the study and practice of various somatic modalities. Rooted in the philosophy that the body possesses inherent wisdom, Paulina passionately believes in the transformative power of leading with the heart.

She has facilitated multiple intimate events focusing on transformative breathwork and sound healing. In the corporate realm, Paulina hosts weekly meditation sessions, aiming to enhance stress relief and productivity through mindfulness practices. She also offers personalised one-on-one sessions, providing tailored guidance in breathwork and somatic practices.

With an approach that is feminine, sensual, and deeply rooted in embodied awareness, Paulina aims to empower individuals to tap into their inner wisdom and live authentically. Her mission is to create safe and nurturing spaces where people can explore their innate capabilities for self-healing and transformation, and in doing so, reconnect with their hearts and their intuition.



Offerings



MEDICINA

BREATH AND SOUND JOURNEY

Immerse yourself in a breath and sound journey, a potent 75-minute wellness session designed to rejuvenate and uplift. This experience is ideal for teams or individuals seeking a quick yet profound reset.

- Grounding Meditation & Connection practices to prepare your mind and body for the journey ahead.
- Guided Breathwork designed to slow down brain waves and foster connection with your intuition.
- Sound Healing: Immerse yourself in a transformative sound experience, featuring various medicinal instruments including crystal singing bowls, chimes, drums, and shakers.
- Guided reflection and integration, helping you to assimilate the benefits and insights gained and ensuring a smooth transition back to daily life.

Benefits:

- Improved Self-Awareness
- Feeling of Rejuvenation
- Deep relaxation
- Access to Deep Insights

thrive.com.au

**Session length could be adjusted*

Offerings



SACRED CACAO CEREMONY

Join us for a transcendent heart-opening and soul-soothing 2 hour experience at the Cacao Ceremony and Sound Bath event. This unique gathering combines the ancient traditions of cacao with the healing vibrations of sound, creating a harmonious journey that rejuvenates your spirit and nurtures your inner self.

Cacao Ceremony: The evening begins with a sacred cacao ceremony, where you'll savour a warm cup of ceremonial-grade cacao infused with intention and love. This ancient Mayan ritual has been used for centuries to connect with the heart and cultivate a profound sense of well-being. As you sip the elixir, our guide will lead you through a meditation and intention-setting process, opening your heart to love, joy, and healing.

Sound Bath: Following the cacao ceremony, lie down comfortably, as the enchanting sounds of crystal singing bowls, chimes, and other soothing instruments envelop you. You will be guided on a meditative journey, inviting you to release tension, blockages, and stress while aligning your energy centers.

Expected Benefits:

- Deep Relaxation
- Heart-Centered Connection
- Enhanced Clarity and Focus
- Renewed Energy and Aliveness

**Session length could be adjusted*

Offerings



BREATHE, SHAKE, AWAKE

Description:

Welcome to "Breathe, Shake, Awake," an invigorating 60 min journey of self-discovery and inner revitalisation. This transformative session seamlessly integrates movement, shaking, breathwork, and meditation to awaken your inner vitality, promote mental clarity, and release stagnant energy.

Session Highlights:

- **Movement and Shaking:** Begin with gentle, flowing movements and invigorating shakes to unlock tension, increase circulation, and prepare your body for the journey ahead.
- **Breathwork:** Dive into deep, conscious breathing techniques that connect you to your inner rhythm, expand lung capacity, and elevate your energy levels.
- **Guided Meditation:** Transition into a serene meditation where you'll harness the newfound vitality and inner calm, aligning your mind, body, and spirit.
- **Integration:** Conclude the session with a brief grounding practice to smoothly reintegrate your revitalised self into the present moment.

Expected Benefits:

- Enhanced energy and enthusiasm for life
- Stress and tension release
- Clarity of mind
- Inner Harmony between body, breath, and spirit

*Session length could be adjusted

RECENT EXPERIENCES



CO NN EC T

My offerings are the result of years of experience in creating a nurturing space where individuals can feel safe, relaxed, and open to receiving.

I am flexible and open to customising the experience based on your suggestions and preferences.

I also collaborate with a diverse range of practitioners who can craft a unique experience tailored to your desired atmosphere and the specific needs of your audience. Listing a few: Silent disco, ice baths, tea ceremony, animal flow, yoga.

Let's connect and co-create something truly magical.

With heartfelt gratitude,
Paulina

Paulina Kabaczuk

email: p.kabaczuk@gmail.com

IG: [@embodied_authenticity](https://www.instagram.com/embodied_authenticity)

Linkedin: [paulinakabaczuk](https://www.linkedin.com/in/paulinakabaczuk)

thrive.com.au

