

The **THRIVE** Program goes way beyond 'positive thinking' and talk therapy. The program offers you a way to make gentle, rapid progress in clearing blocks and moving forward in your life.

The **THRIVE** Program offers you the opportunity to:

- **Release Stress and Anxiety**
Find inner peace and harmony
- **Emotional Healing**
Release fears, anger and grief
- **Heal Self-Loathing**
Find self-love and self-worth
- **Clear Depression and Hopelessness**
Gain enthusiasm and freedom
- **End Loneliness and Isolation**
Connect and create loving relationships
- **Raise Self-Confidence**
Be outgoing at work, home and socially
- **Clear Confusion**
Get clearer direction in your life
- **Master Addictions**
Take back control of your life
- **Improve Performance**
At work, in sport and in every day life
- **Clear Sleep Disturbances**
Enhance well-being and vitality
- **Heal Tiredness and Fatigue**
Gain energy to live your life fully.

Your Local **THRIVE Coach**

About The **Thrive Program**

Nicholas de Castella developed the Thrive Program after 25 years conducting Passionately Alive Seminars, training Breathwork Practitioners and facilitating over 7,000 Thrive Breathwork sessions.

Nicholas is the director of the Australian Breathwork College, a keynote presenter and author. He was instrumental in gaining government accreditation at certificate III, IV and Diploma levels in Breathwork.

Australian Breathwork College

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Come Alive... **THRIVE** BREATHWORK PROGRAM



Practical, Profound
Personal Empowerment
Australian Breathwork College

Closing Down Futile Breathing

As we experience trauma in life we tense our body, restrict our breath, suppress our emotions and make limiting decisions about our self and life. We begin 'Futile Breathing', which is short, shallow and irregular. Futile Breathing activates the fight or flight nervous system, which gives rise to hyper-vigilance, panic, irritability, frustration, tiredness and compromised immune functioning.

“
I am now in charge of my life, I have taken my power back. I feel stronger and understand more clearly my relationship with others.

Ray Hasegawa, Clifton Hill

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Emotional Suppression

We learn that it is weak to express our feelings so we close down, conform, fit-in and suppress our real, passionate self. Typically our sadness, anger and fear are suppressed. This leads us to feeling unworthy, lost, stuck, flat and discontented.

Suppression of emotions does not mean freedom from them. Emotions are energy. Suppressed emotions drive us, causing restlessness, excessive thinking, busyness, stress, anxiety, frustration, broken sleep, fatigue, eating disorders, relationship conflict, dis-ease, under achievement and depression.

What is Breathwork?

Breathwork is a mindfulness breath awareness practice that helps you clear your subconscious emotional blockages, open your heart, come alive, find happiness and live life to the fullest.

Our breath is a major source of energy and is responsible for releasing 70% of toxins from our body. Most of us only breathe 1 litre of our 7 litre lung capacity (about 15%).

“
I have experienced a depth of love and wisdom only glimpsed before. The power of my being is beginning to come through more fully.

Michael Cecil, Canada

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Find Inner Peace and Freedom

In Breathwork the breath is guided back to its natural state: deep, rhythmic and flowing. In a supportive environment the unresolved emotions that drive us are released.

Breathwork gives us an opportunity to clear emotions gently and quickly. This often leads to feelings of lightness and great relief, like dropping a heavy load off our back – sometimes one we have been carrying for a long time.

People often report feeling more inner peace, harmony, love, happiness and the freedom to be who they truly are and enjoy life fully.

The THRIVE Program

The THRIVE Program is an in-depth, life transforming program offering you the opportunity to complete a full life-review: heal your major issues and turn your life around.

The THRIVE program utilises a range of transformational modalities including: Breathwork, Emotional Healing, Mindfulness, Body Awareness, Meditation, Voice and Communication Skills.

The full THRIVE Program involves a commitment to ten sessions at weekly or two weekly intervals.

Experience a Session

The only way to really understand the extraordinary power of the THRIVE Program is to experience it personally, so the best way to begin is to come along and experience one session and decide from there.

Allow 2 hours for your session.

Ask your local Thrive Coach about fees.

“
I am able to take my own power and tell people how I feel and be able to say no when I feel it is necessary. I feel a lot clearer in my thinking and where I am heading.

Sue Lawrence, Mt. Eliza

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