



CENTRE FOR
INTUITIVE
MEDITATION

**A JOURNEY WITH
YOUR HEART**

WITH DEBBIE ROSSI

COURSE OVERVIEW

Come on a journey with your HEART in love, courage and stillness. I invite you to lean into your heart-space with a combination of breathwork, heart-centred practices and mindfulness. Where each breath becomes an invitation to dwell within your inner knowing / inner truth. As your own wisest teacher.

You will receive 4 x 30 minute meditation classes.

Plus 4 x Breathwork Technique videos.

Plus journaling prompts for each meditation class helping you to deepen into the experience.

All are pre-recorded for you to explore in your own time.

The meditation classes are unique in the heart-centred offering. Each class deepens into this practice with love, courage, stillness and mantra work to align and elevate your own energy of love, light and compassion.

Breathwork is a powerful tool to connect with your body, this moment, your heart and your inner knowing. Through the use of breathwork we are able to strengthen our parasympathetic nervous system, as we lean into our calm, reset and peace within. The techniques that you will experience here are proven to do exactly this.

During each of these classes you will experience mindfulness techniques to bring awareness to your body-mind and mind-body connection. Mindfulness helps us to stay present to this moment and begin to become the observer away from judgements.

COURSE ACCESS

Course access
is here via this
YouTube
Playlist....

<https://youtube.com/playlist?list=PL0v69GKiXpJpQkSrDOfbyMyLjzfxTKfY>



WHY THIS COURSE?

For You

- Lean into your heart-space with love, compassion and courage.
- The opportunity to take on complete self-responsibility for yourself, by listening to your own inner knowing / intuition.
- Strengthen your Nervous System to let go of stress, anxiety and overwhelm through specific breathing and heart connection techniques.
- Experience a deeper subconscious connection to create a space that allows you to return to your own love and highest good within
- All created in a safe, inclusive and supportive space for you to arrive as yourself away from any expectations or anxieties



COURSE CONTENT

Day 1 – Journey with your HEART

This 30 minute meditation experience begins our journey to our HEARTS, with gentle breathwork and a heart-space meditation.

Day 2 – Journey with your HEART

This 30 minute meditation experience invites courage into our life with the Goddess Durga, The Mother of Courage.

Day 3 – Journey with your HEART

This 30 minute meditation experience we slow down, leaning into stillness and silence as we become grounded in this present moment of now.

Day 4 – Journey with your HEART

This 30 minute meditation experience we explore mantra work and how tool invites us to align with the energies of love, courage and compassion.

COURSE CONTENT

Breathwork Video – Sama Vrtti

In this video we explore the breathing technique called Sama Vrtti (equal part breath). Please remember here to be guided by your own body and to explore an easeful count for your breath. All props are welcome here to help you feel more comfortable.

Breathwork Video – Viloma 1

In this video we explore the breathing technique called Viloma 1, basic & complex. This is the interrupted breath. A training breath for the Full Yogic Breath. Here we explore the exhalation, which is generally related to cooling, so this practice is cooling. Please remember here to be guided by your own body and to explore an easeful count for your breath.

Breathwork Video – Viloma 2

In this video we explore the breathing technique called Viloma 2, basic & complex. This is the interrupted breath. A training breath for the Full Yogic Breath. Here we explore the inhalation, which is generally related to heating, so this practice is energising. Please remember here to be guided by your own body and to explore an easeful count for your breath.

Breathwork Video – Bharmari

This is the buzzing bee breath. We create a low to medium pitched humming sound in the throat. We also bring our awareness to = how these sound waves that we create with the hum gently vibrate our tongue, teeth, sinuses and entire brain. This breath helps us to elongate our exhalation, bringing in calm and peace. Please remember here to be guided by your own body and to explore an easeful count for your breath.

JOURNALING PROMPTS

Day 1 – Journey with your HEART

- What colour is your heart-light?
- How does it feel?
- What situation in your life do you see now through your heart-eyes?
- How does this change?
- What is the final wisdom that your heart shares with you?

Day 2 – Journey with your HEART

- What does courage mean to you?
- Where in your life can you lean into courage?
- How can Durga lead you?

Day 3 – Journey with your HEART

- What does slowing down mean to you?
- Where in your life do you need to slow down?
- How does it feel to slow down?

Day 4 – Journey with your HEART

- What was your I AM statement?
- Why this I AM today?
- How does it feel to be in love and courage?
- What is the wisdom of your heart here?

IMPORTANT POINTS



- Please remember to always follow your own wisest teacher on this experience. If something is not comfortable or activating you, please find your comfort and go gently on yourself.
- There is no right or wrong experience here, just meet yourself within each experience with fresh eyes.
- If your mind drifts away during the meditation, just simply notice and choose to come back. This is not a failure of the meditation, it is simply your mind drifting. Just come back.
- If any of the breathing techniques are uncomfortable, please return to your own natural breath. These techniques are just invitations for you to possibly explore.
- Do not worry if you are distracted during a meditation, just simply make the choice to come back to the meditation.

REVIEWS

Here are a few past reviews of Debbie

"Debbie is an amazing facilitator and meditation teacher who gracefully holds space for her Intuitive Meditation Teacher Training students. Debbie imparts her wise teachings whilst also assisting the journey of each student. This is not the first course I have taken with Debbie and I am sure I will sign up for many more. Thank you Thank you Thank you"

Xanthe
Equiessence Kinesiology

"Thank you, Debbie. Your course has completely opened my eyes up to the importance of meditation and not just meditation but a whole new way of being. There's a bigger sense of peace within which I didn't have before. I feel more empowered to work with my clients on a deeper level and am excited to introduce this into my clinic."

Treena
VW Kinesiology

"I really appreciate finding you and being on this course. This course is definitely not just a put on the shelf for me as I'm already aware of the power of transformation in what you are offering. It's changing how I go about my life and how I work as a Kinesiologist".

Jaks
Gentle Watters Kinesiology

GET IN CONTACT

Get in contact with Debbie

