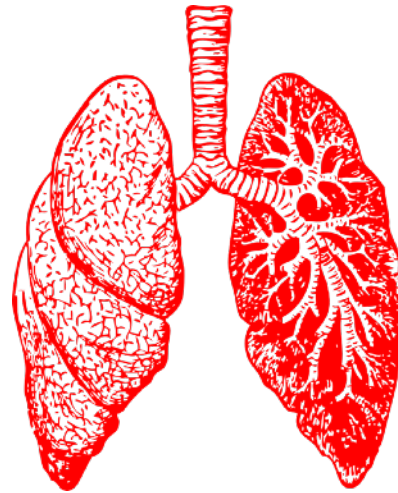


UPCOMING BREATHWORK GROUP SESSIONS 2025



15 November 16-18h **CONSCIOUS CONNECTED BREATHWORK** Studio Alte Post
Hamburg Altona [Breathwork Alte Post Hamburg](#)

23 November 10h CET & 20h CET **BREATHWORK SUNDAY SESSION** (online)
[Breathwork Sunday Session](#)

29 November 13 - 15h **CONSCIOUS CONNECTED BREATHWORK** Openyoga Bern
[Breathwork Openyoga](#)

14 December 13 - 15h **CONSCIOUS CONNECTED BREATHWORK** Openyoga Bern
[Breathwork Openyoga](#)

21 December 10h CET & 20h CET **BREATHWORK SUNDAY SESSION** (online)
[Breathwork Sunday Session](#)