

# TATE GRONOW

HEALING BREATHWORK

One-to-One  
Offerings

[WWW.TATEGRONOW.COM](http://WWW.TATEGRONOW.COM)

Working one on one allows me to tailor the direction and techniques of the session to your goals and where I'm meeting you at this point.

One-to-one facilitation is an incredibly powerful and transformative modality for processing emotion and energy within the body and regulating an overworked nervous system. You can find much more information about the healing power of breathwork on my website or by arranging a free discovery call with me.

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## HOW WE CAN WORK TOGETHER

### SINGLE ONE-TO-ONE

A 90 minute immersive session with personal breath analysis and feedback. I combine functional breathing practices and conscious breathwork, as well as meditation and mindset tools tailored to your intention.

*Sessions can be delivered online or in person depending on your location.*

ONLINE | £70

IN PERSON | £85

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### DEEP DIVE BREATHWORK COACHING ONE-TO-ONE PROGRAMME

A six week programme of weekly 1:1 breathwork coaching sessions.

After a consultation to discuss your intentions or goals, we will work deeply with your breath to create a foundation of functional breathing, process emotional stagnation in the body, create balance within the nervous system, develop a more profound connection to your self and improve your overall respiratory health.

We will explore different conscious breathwork techniques dependent on your breath pattern and anything that comes up during our sessions together, whilst weaving in meditation, bodywork, self reflection and optimal functional breathwork for sleep and everyday.

This package includes two session recordings for you to repeat practices, as well as email support between sessions. Deep Dive coaching includes two 90 minute sessions and four 60 minute sessions.

*Pricing below is for online coaching only.*

*A combination of in person sessions can be discussed depending on your location.*

SIX WEEKS | £410

## BOOK A DISCOVERY CALL

If you have any questions or just want to chat further about potentially working together, you can book a free discovery call below.

[BOOK HERE](#)

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