



Warm water breathing – a week for professionals 20 – 25 of July 2026

Welcome to a week in exploring the effects of breathing in warm water and how to support a client during the session.

Breathing in warm water can awaken early memories from birth and from the time inside the womb. It can help you be aware of patterns it has created and what impacts it has in your life.

The workshop includes:

- Birth trauma and prenatal imprints
- Inner child work
- Birth matrices
- Bonding
- Warm Water-Rebirthing

This week is for:

- Trained Breath workers who want to extend their skills, self experience and knowledge of guiding people with Warm Water Breathwork
- Professionals working with people and having experience with Breathwork who want to experience Warm Water Breathwork for themselves and/or learn how to guide people with it.
- Breath workers in training who want to experience Warm Water Breathwork for themselves and/or to add this tool to their skills.

The place is Algallika Guesthouse in southeast of Estonia, a beautiful place by the seaside, www.algallika.ee

The workshop is led by Griet Verstraete, Belgium, Sofia Sjöblom, Sweden and Krista Gilda Kerner, Austria.

Price: Early bird until 15th of April 1350 €, Thereafter 1450 €. The price includes food and accommodation for the whole week.

Here is the link to register: <https://forms.gle/9UyMxojPXGgStSck9>

When you register you will get a confirmation e-mail with payment details.

For more information please contact one of us.

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Griet

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Certified Open Floor Movement Teacher
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Integrative Somatic Trauma Therapy &
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Leadership Certified in Buteyko Method
and Trauma Skills Training
Co-Creator of "Wheel of Life" School for
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training.
GPBA certified trainer ensuring
high-quality care and support.



Sofia

Breath worker trainer
Co-Owner and teacher at Inspiraktiva
Breathwork training in Sweden
Certified Body love yoga and
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Certified Coach in Courageous
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Coach of The Work of Byron Katie
Owner at Aifos – personal trainer
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Krista Gilda

Breath worker trainer
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