

# CULTIVATOR SELF-HEALER BREATHWORK ARCHETYPE

Breathing exercises for a nurturing, kind, and caring internal processor.

You recover best through soothing, quick, and easy techniques that leave you feeling loved, energetic, and nourished.

Your Personalized Self-Healing Breathwork Strategy includes Breathwork exercises like:

- Lotus Seal Mudra: a hand seal and breathing practice to help you feel calm, focused, and resilient.
- Roller Coaster Breath: a tactile breathing technique that helps you calm yourself and return to a focused state when things go awry.
- Short bursts of Slow-paced Conscious Connected Breathwork or Soothing Integrative Breathwork: so you can get out of your logical mind and release emotions on a deep visceral level, so you don't carry them around with you.

But feel free to change it up. What works one day might not work the next. So [click here for a few more breathing tools](#). Then use the following worksheet to note which exercises shift your energy back to your logical, steady, dependable self.

A few journal prompt questions for you are:

- How am I feeling?
- How do I want to feel?
- Which breathing technique can I use at this moment?
- How is the quality of my breath now?
- What's shifted for me?







# BREATH OBSERVATION CHART

What works one day might not work the next. So use this worksheet to keep track of how different breathing exercises shift your energy.

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

# BREATH OBSERVATION CHART

What works one day might not work the next. So use this worksheet to keep track of how different breathing exercises shift your energy.

Date: \_\_\_\_\_ Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_ Check-in: \_\_\_\_\_

Other Notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_ Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_ Check-in: \_\_\_\_\_

Other Notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_ Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_ Check-in: \_\_\_\_\_

Other Notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# BREATH OBSERVATION CHART

What works one day might not work the next. So use this worksheet to keep track of how different breathing exercises shift your energy.

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

Date: \_\_\_\_\_

Quality: \_\_\_\_\_

Regulation: \_\_\_\_\_

Check-in: \_\_\_\_\_

Other Notes:

---

---

---

---

# HI THERE!

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. **YOU HAVE A UNIQUE WAY OF HEALING!**

I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!



**The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days.** And sometimes, you need an ugly cry or visceral yell to release all the anger, sadness, shame, guilt, and frustration to gain clarity, trust yourself, and feel stronger in your discernment.

**That's why I created the Conscious Breath Connection Course to give clients like you a safe container to fully surrender and release all those pent-up emotions draining your energy in the privacy of your own home, whether it's 2 pm or 2 am.**

I CAN'T WAIT TO WALK ALONGSIDE YOU THROUGH YOUR DEEP EMOTIONS AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



USE PROMO CODE  
CULTIVATOR & GET  
THE COURSE FOR  
ONLY \$97!