



MAGICIAN

Breathwork

Archetype

A confident, intuitive, creative, and innovative powerhouse



Breathwork Quiz Workbook

CREATED FOR YOU BY: BREATHE CONNECT THRIVE

MAGICIAN SELF-HEALER BREATHWORK ARCHETYPE

Breathing exercises for a one-of-a-kind, confident, intuitive, creative, and innovative powerhouse!

You recover best through various techniques that help you reconnect with your magical abilities to manifest the life you desire.

Your Personalized Self-healing Breathwork Strategy includes breathwork exercises like:

- Roller Coaster Breath: to calm you when you wake in the middle of the night.
- Conscious Connected Breathwork with a tarot or oracle reading before and after so you can release emotions on a deeper level.
- Breath of Joy: to energize you when you're feeling depressed.

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 natural magical powerhouse 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:

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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
MAGICIAN & GET
THE COURSE FOR
ONLY \$97!