

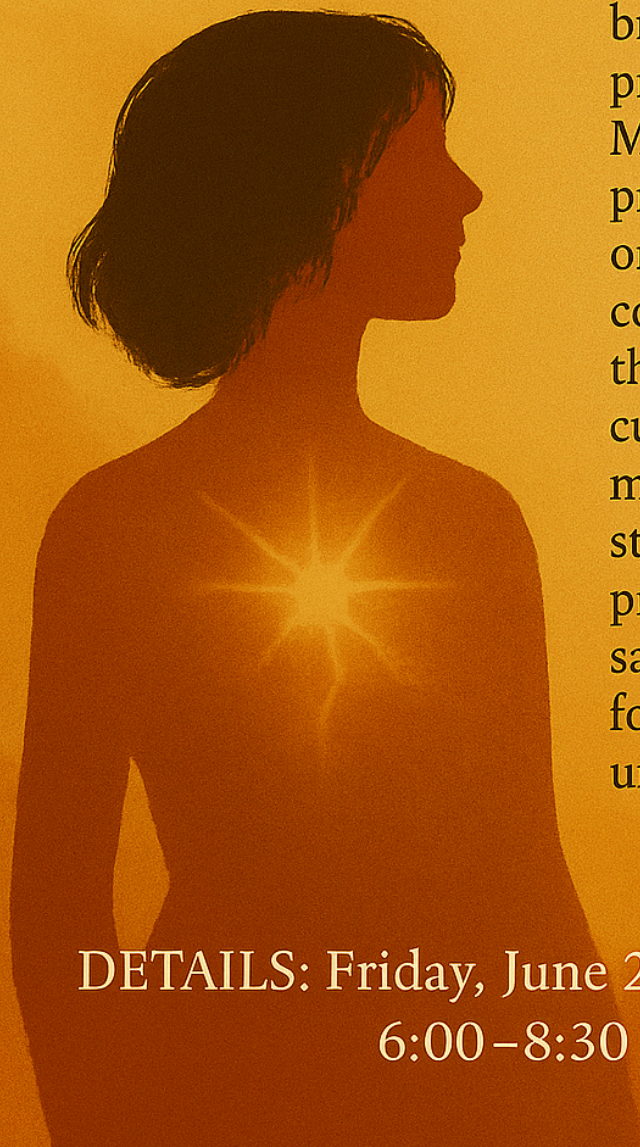
# BOULTER METHOD BREATHWORK CIRCLE

with Reanna Costa

Friday, June 27, 2025 | 6:00–8:30 PM

*An Invitation to Breathe, Integrate, and Remember.*

The Boulder Breath is a unique approach to breathwork rooted in the principles of the Boulder Method. This gentle yet profound practice focuses on three core aspects: containment, allowing the body to lead, and cultivating grace. Unlike more forceful breathwork styles, The Boulder Breath prioritizes creating a safe and grounded space for the body to naturally unfold its wisdom,



DETAILS: Friday, June 27, 2025  
6:00–8:30 PM

Exchange:  
\$40 CAD



# Boulter Method Breathwork Circle with Reanna Costa

Star River Sanctuary | Nelson, BC  
Friday, June 27, 2025 | 6:00–8:30 PM

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## An Invitation to Breathe, Integrate, and Remember.

Join Reanna Costa for a powerful evening of **Boulter Method Breathwork**—an opportunity to experience breathwork in a deeply somatic, supportive, and integrative way.

This circle offers a gentle yet profound approach to breathwork, creating the conditions for true emotional release, nervous system regulation, and embodied transformation.

Unlike forceful or overly activating styles, this work prioritizes safety, containment, and the innate intelligence of your body.

**The Boulter Breath** is a unique approach to breathwork rooted in the principles of The Boulter Method.

This practice focuses on three core aspects:

- **Containment:** Creating a safe container for deep work
- **Allowing the Body to Lead:** Trusting the body's natural unfolding
- **Cultivating Grace:** Meeting yourself with compassion and steadiness

In this circle, you'll be guided to breathe in a way that gently supports integration, emotional unwinding, and remembrance of your own resilience.

**No prior experience with breathwork is needed—just a willingness to explore.**

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## Details:

**Date:** Friday, June 27, 2025

**Time:** 6:00–8:30 PM

**Location:** Star River Sanctuary, Nelson, BC

**Facilitator:** Reanna Costa

**Exchange:** \$40 CAD

*(Space is limited. Pre-registration recommended.)*

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Reserve Your Spot - contact [reannacosta@gmail.com](mailto:reannacosta@gmail.com)