

Preparation Process

5D Breathwork & Manifestation with Lee Davy

Welcome Ascender, congratulations for choosing to embark on the journey of attending this upcoming Ascend Academy masterclass. Completing this Pre-Activation Preparation Process will support you in receiving the most out of the experience. Be sure to take some time to complete the following reflection prior to the class.

- 1. How conscious are you of the breath and the importance of it? In your own words, describe this importance.**

- 2. Have you ever experienced a breathwork session? What was/were your experience(s) like?**



3. What would you like to get out of this session and experience?
Set an intention.

