



# *Private Invitation*

Post-Conference Integration Session

Guided Breath Meditation & Nervous System Coherence

*You're invited to a private, live breath meditation designed to integrate the shifts and insights activated during the conference. This event is not just a cool-down — it's a sacred container to stabilize your nervous system, clear energetic residue, and anchor the new frequency you're stepping into...*

There are moments when something shifts — subtly but unmistakably. After powerful spaces like this conference, your system may still be reverberating. This is an invitation to settle, to integrate, to breathe yourself into clarity.

**Session Focus:**

Energetic Reset • Nervous System Grounding • Soul-Centered Clarity

**This space is for you if:**

You've felt a quiet knowing rise... and you're ready to anchor it.

You're not looking to "do" more — but to *be* more present with what's already changed.

**What we'll do together:**

A facilitator - guided breath meditation, held gently — no pressure, no performance.

Just breath, presence, and coherence.

**What You'll Experience:**

- Guided breath recalibration
- Somatic attunement
- Silent energetic transmission

**Hosted by:** Marina Tudor, Psychotherapist/ LCPC & Creator of the Mental Morphatrix™

**When:** [Mon, Oct 27, 2025 @ 1:00pm EST]

**Where:** Private Zoom Room (link shared after RSVP)

**Length:** 30 ~ 40 minutes

*This isn't a next step. It's a pause to feel how far you've already come.*

*Come as you are. Leave as your next self.*