

## Home:

Tagline:

**Michaela McClure**

**Breathwork and Community so you can feel great about being you.**

Find your way back to yourself. The key to self-healing lies within you—your breath.

*CTA button:* Join the community

Do you feel like you're constantly struggling but don't know how to change things?

I know the feeling. You wake up from another restless night of sleep, your mind already overflowing with anxious thoughts. You hit snooze a few times before reluctantly getting out of bed and head directly for the coffee maker.

As the day progresses, you soldier through a seemingly endless parade of tasks, constantly feeling one step behind the curve, one misstep away from disaster. The day's end finds you exhausted, unable to give your best energy to your family. You can't believe you have to do it all again tomorrow.

Do you feel frustrated or guilty because you know this isn't your true you?

***You have the power to feel better, and you can do it now. It starts with a breath.***

We all have an innate desire to cultivate calmness and inner peace, but it's not easy to access this state of being in our fast-paced society. Breathwork is a powerful tool that can help you quiet your mind and nervous system. It allows you to connect with your internal wisdom and healing powers to reach your true potential.

Breathwork is a practice that anyone can learn. You can do it anywhere, anytime. From a place of inner peace, we can better show up for our lives and the people we love.

**Cultivating regular breathwork practice will help you:**

- Release internalized fear and trauma
- Break through numbness and connect with your feelings

- Clear depression, stress, grief, and anger
- Improve energy levels and mental clarity
- Purify the body by reducing toxins,
- Boost joy and fulfillment
- Cultivate self-love
- Reduce pain
- Improve sleep quality

My programs help you find your way to your true self. You'll learn how to connect with your breath and use it as a life-long tool for self-healing. When you master these breathing techniques, nothing can stop you.

*Engaging questions for placement above CTA buttons here or elsewhere on site:*

Ready to tap into your inner healing powers with breathwork?

Ready to unlock your full potential?

Ready to cultivate your best self?

Ready to breathe with me)?

Ready to tune in to your body?

*CTA Button options for here or around the site:* Book a class / Begin your journey / Work with Michaela (or me) / Let's work together / Learn breathwork now / Book Now

### ***About:***

**Hi, I'm Michaela. I'm here to remind you that you are your own healer.**

I've been there. I was the embodiment of the professional mom. But, passing day after day trapped in my head, giving away my vital energy and having very little left for myself or my family.

I felt numb.

I knew something wasn't right. The way I was living wasn't fun, fulfilling, or sustainable. I knew I had to find a way to change my life, but I didn't know how.

I consumed an endless stream of podcasts and self-help books, but I still felt disconnected from myself and everything around me.

At 38, I had an epiphany. I had to stop looking outside myself for answers and begin honoring my own wisdom within.

I began therapy. The process opened my eyes to the reality that I had become used to living in a constant state of pain. I realized that I was numbing my feelings to get through my days. In so doing, I was robbing myself of my true potential to experience joy and love.

That realization was a decisive step forward, but I still needed a way to change my life. Then I discovered breathwork.

Almost immediately, I sensed an incredible transformation was possible. It didn't happen overnight, but something within me shifted one breath at a time. I learned how to truly *feel* my emotions again. I began to connect with my body and energy in a way I'd never thought possible.

I felt wonderfully alive, like the whole world was opening up to me, and anything was possible. I'd finally rediscovered my intuition, and I want you to know that you can too.

***Your intuition is an amazing tool that you can learn to trust - don't let anyone tell you otherwise!***

I want to help you become your own healer. As your coach, I'll guide you as you cultivate and refine breathing techniques that will become your life-long tools for healing, self-love, and awareness.

You have the power to transform your life and unlock your best self. All you have to do is breathe.

Ready to unlock your full potential?

*CTA button:* Start your journey now

## **Services:**

**Together, we can make a difference.**

**1:1 Coaching**

These transformational sessions are your sanctuary, a safe space to tune into your body and listen. I'll guide you on a path of profound self-healing as we work together to lighten the load you carry. You'll learn to finally release thoughts and emotions that no longer serve you and create space for your desires to unlock peace and truth within.

### **Breathwork Community Class**

Our breathwork healing circle lays a strong foundation for you. Learn to work with your emotions by focusing on your body within the supportive embrace of a beautiful community. It's the perfect place to begin, or explore new depths in your practice.

### **Small-Group Class Series - Spring**

What do you want to see blossom in your life this year? Spring is a time for planting seeds and nurturing life. Work with an intimate group holding space for one another as we show up for ourselves and let emotionality take root.

### **Small-Group Class Series - Fall**

As the days grow shorter, it's a time for self-reflection and strengthening our connection with our deeper selves. Through the power of breath and mindfulness, we'll release thoughts and emotions that don't serve us anymore and allow the autumn winds to carry them away with the leaves.

### **Home Audio Practices**

These custom audio practices help you focus more deeply into your body. Explore and focus the power of breath to achieve anything imaginable—on your own time.

### **Put the Pause on Pain E-course- 6 weeks**

Heal yourself from the inside out by learning to focus on your body and breath at your own pace. Discover the power within you to fundamentally change your relationship with pain forever.

*CTA button:* Add to Cart / Book Today

**Contact:**

Want to connect about how breathwork can empower you?

Please fill out the form (below, to the left / to the right). I'd love to hear from you.