

THE GREAT AWAKENING CONFERENCE

The Breath Within with Dr. Jann Sutherland

Follow the breath within—an opening into expanded awareness.

Step into a powerful group breathwork experience where you'll be guided into a deeply embodied state, allowing the mind to quiet and the body to open. This active form of meditation supports the natural movement of energy and the awakening of insight.

Through this practice, you may discover more within—heightened sensation, emotion, clarity, or a deep sense of calm and presence. The journey includes light movement, breath instruction, and a supported breath journey, followed by integration through stillness and reflection.

No experience is needed. You will be met exactly where you are.

Safety precautions: This is an active breathwork practice and may not be suitable for those who have certain cardiovascular conditions, or severe respiratory issues. Those with high blood pressure, you may need to sit on a chair rather than lay down. If unsure, please consult with the facilitator beforehand. If you are pregnant, you can safely participate, but please talk to the facilitator first.

About Dr Jann



Dr. Jann is a Naturopathic Doctor and facilitator of transformative breathwork experiences, weaving together science, intuition, and deep emotional healing. With a devotion to the path of inner light and wisdom, she holds powerful group journeys that support release and reconnection. Her work blends somatic awareness, nervous system regulation, and soulful presence—cultivating an environment of safety, expansion, and truth.

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