



EXHALE & Co

Exhale & Co is a space to pause, breathe & reconnect. Through powerful practises like 9D Breath work, guided sessions & mindful movement, Ash will help you release what no longer serves you & return to a place of calm, clarity & self-trust.

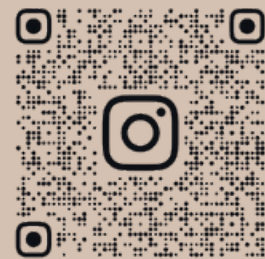


Ash can guide you in her studio or travel to guide you in your own destination - Reach out to book for you or your group.

WEBSITE



INSTAGRAM



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What is 9D Breathwork?



9D Breathwork is a powerful experience that combines conscious breathing, sound, music and guided techniques to support the mind, body and nervous system. There are different types of journeys, from gentle down-regulating sessions for stress and anxiety, to deeper sessions focused on emotional release, confidence and letting go. There is something for everyone.

Ash discovered breathwork through her own mental health journey and experienced firsthand just how powerful our own breath can be. That experience sparked a passion to share it with others and show people that one of our most powerful tools is something we already carry with us every day.

For Ash, the experience is about so much more than the session itself. The support begins well before you walk through the studio doors, making sure you feel informed, comfortable and prepared — and it continues long after you leave. From preparation to aftercare and ongoing support, Ash believes the space she holds around the session is just as important as the breathwork itself.



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Breathing deeply and slowly signals your nervous system that you're safe. This activates the parasympathetic nervous system—your body's "rest and digest" mode—which helps calm your heart rate, lower blood pressure, and reduce stress hormones. Just a few minutes of slow, diaphragmatic breathing can shift your body out of a fight-or-flight state and into a more relaxed, balanced state



TRY THIS SIMPLE TOOL

Box Breathing Technique:

1. Inhale through your nose for 4 seconds
2. Hold your breath for 4 seconds
3. Exhale slowly through your mouth for 6 seconds
4. Hold again for 4 seconds

Repeat for 4–6 rounds.

It helps calm the mind, reduce anxiety, and regulate your nervous system.