

c i a r a l a c e y t h e r a p i e s


# RESET

a guided breath, gut & nervous system reset

beginning  
20/03/26

Are your nervous  
system & gut  
holding more than  
they can process?

*Holding stress.  
Holding emotion.  
Holding what's no longer yours.*

A woman with long dark hair, wearing a light-colored, long-sleeved top and pants, is sitting on the ground in a desert landscape. To her left, a white horse stands facing left. The background shows a vast, open landscape with low hills under a warm, golden sunset sky. The overall mood is serene and contemplative.

We have just begun the year of  
Fire Horse energy -

Forward movement. Vitality.  
Embodied momentum.

But nothing moves  
through closed channels...

RESET is a breath-led opening channels journey supporting gut health, nervous system regulation, and skin as an expression of what's within.

Through Rebirthing Breathwork Mastery, a targeted Opening Channels supplement protocol by Marie Reynolds London, and weekly guided support, this is a space to clear, restore, and renew

A serene forest scene featuring a large, moss-covered log. A patterned rug with intricate floral and geometric designs is draped over the log. An open book lies on the rug. The background is filled with lush green ferns and foliage, creating a sense of a quiet, natural setting.

We'll be working with:

Gut and digestive pathways

The skin as an organ of elimination

The vagus nerve and nervous system

Emotional and energetic release

# 4/8/12 week journey

(depending on your body's response)

- Opening Channels supplement protocol by Marie Reynolds London
- Weekly live Friday evening breathwork sessions
  - Weekly guided audio support (5–10 mins)
  - One live group check-in/Q&A during the program

1:1 personal check in call

- Simply written companion guide
- Gentle weekly reflection prompts

# Optional Add-On

topical support

## RESTORE

The groundbreaking multi-use  
pre & probiotic by  
Marie Reynolds London

Use as:

- a face or body mask
- skin nourishment
- a microbiome bath soak - gentle support for full body and vaginal care

c i a r a l a c e y t h e r a p i e s

Freedom isn't just mental.  
It's digestive.  
Nervous-system deep.  
Energetic.

R E S E T

clears the way