

Happiness-driven transformations from the comfort of your home

By Editorial Team October 25, 2021

InnerCamp has received wide acclaim for its innovative science-based approach to holistic health and these new online experiences do not disappoint.

The global community of conscious people is piloting a new way to comprehensively improve overall well-being through the contemporary teachings of Breathwork, Tantra and Shamanism from the comfort of your own home. Weekly online sessions cater to the needs of individuals who desire to unravel and understand their true nature and unlock their full potential. Expert-led workshops target the most common emotional blockages and insecurities that hold us back from living a life filled with joy, abundance and clear purpose. Powered by extensive spiritual research, these Zoom experiences come at an affordable price (or even free of charge) and can really make a difference. In fact, one breathwork session with InnerCamp equals ten therapy sessions according to customers' reviews.

Life is never certain, and the pandemic has changed many things in our daily routine. For some of us, this change provides an opportunity to reflect, reassess, and make some adjustments to succeed again. For others, it is a turbulent period of anxiety and stress. These negative sensations tend to accumulate in our body and clutter our mind. At some point, we all need to reset and recharge in order to renovate our intellectual, emotional and physical resources. Instead of being hard on yourself, just breathe. InnerCamp believes that breathwork is a form of personal development. With each session, you gain more trust, more insights, and uncover a deeper layer of your true self. Pick a topic that resonates with you the most and cultivate consciousness, forgive those who have hurt you in the past, heal your childhood traumas, balance your energy levels, release anger, or rewire your brain. Tune in from anywhere in the world, and if you cannot attend a live streaming, you can watch a recorded video replay within the next 72 hours.

Proper breathing brings better results in life and work. A growing number of studies show that certain breathing techniques can calm the nerves, prevent insomnia, help control emotions, boost your mood and improve attention. Breathwork influences both physiological factors (by stimulating the parasympathetic nervous system) and psychological factors (by diverting attention from buzzing thoughts).

Did you know that the psychological effects of social isolation in COVID times could also affect your immune system? Research shows that our anti-viral response is suppressed when we feel lonely and uncertain. The good news is that the InnerCamp breathwork method can help maintain a healthy immune system as the oxygen provides the fuel needed by the brain to function properly, and it helps the body fight off infection.

InnerCamp experts always rely on science and use it as a foundation for incorporating breakthrough holistic tools to maximise the outcome. For instance, relationship-related difficulties are approached from the heart-based Tantra perspective, which equally honours modern and classical lineages of this sensual art. This method completely breaks the stereotype of Tantra, which most people equate solely with sex. In the InnerCamp world, it equals the expansion of energy that first promotes self-love and encourages you to make healthy choices, and only then creates a favorable climate for intimacy,

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vulnerability and attraction with your partner. If you would like to take a step towards self-acceptance and high esteem, we highly recommend trying online Tantra sessions to open up your heart and free up space for love, softness and goodness.

Once you experience how healing and powerful these holistic techniques can be, you will probably want to delve deeper. For that reason, InnerCamp also focuses on an educational mission offering extensive trainings such as breathwork, tantra, shamanism, and cacao ceremony. These online programs give a professional advantage whether one is just starting a career in the wellness field or returning to continue to build upon years of experience. The signature breathwork course is designed to reveal the essence of breath and its transformational power. You will be amazed by what a guided attuned breath can do to your mental health, heart and spirit.

InnerCamp has been awarded the "CMA Registered Training School" status, which indicates that all courses are registered and accredited by The Complementary Medical Association (The CMA) that contributes towards the development of the complementary medical and natural health industry. InnerCamp is also a member school of the International Breathwork Foundation. This status acknowledges their achievements in influencing people living a more fulfilling and purposeful life. If you are eager to become a happier and healthier self, try any of InnerCamp's sessions and start your journey of transformation!

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