



BREATH BETWEEN BREATHS ATEMPAUSE

IN THE PAUSE WHERE THE SPIRAL REMEMBERS ITSELF



There is a place where the outer breath fades and the inner breath begins.

A place where movement rises from stillness and voice emerges from depth.

A place where your being remembers itself without pressure, without urgency, without demand.

Breath between Breaths is a self-guided 21-day journey inviting you to reconnect with this inner space. Not as a linear process, but as a spiral: a movement of descending, resting, and re-emerging.

This journey is for those who wish to:

- experience their body as an ally
- enter the darker season with awareness
- gently release old patterns
- hear their inner voice again
- be held in a field of self-guided practice that opens rather than demands

The journey begins and ends in community —

yet it unfolds through your own breath, your own rhythm, your own depth.

Breath between Breaths

Structure & Flow



Opening-Ceremony - 30.11.25 19:30, online

Arriving in the field, opening the spiral, attuning to the inner path.

The 21 Days – Self-Guided Practice

You will receive a clear structure and regular inspirations , not necessarily daily, but in a natural rhythm of every 2-3 days. Each practice is simple, under 30 minutes, and designed to support your process with ease.

Every week has its own focus:

Week 1: Grounding & Clearing

Week 2: Embodiment & Voice

Week 3: Transmission & Coherence

The journey takes you inward, yet remains gentle, stabilizing, and easy to integrate into everyday life.

Closing-Ceremony - 21.12.2025 19:30, online

A communal closing at the Winter Solstice: integration, reflection, and the sealing of the spiral movement.



WHAT YOU BRING

Openness to turn toward yourself each day,
a willingness to listen rather than perform,
a posture of self-care and quiet curiosity.

The rest arises through the breath —
and through what becomes audible
in the space between breaths.

CENTRAL GUIDING PHRASE

“I am safe in my body.
I am safe in this world.
I am the spiral remembering itself.”

This phrase accompanies you through the journey.
It is not a promise but an invitation to weave yourself
gently back into your own inner stability.

ABOUT CHRISTINA PELICAN

A holder of deep processes, a guide for embodied transition.

I accompany people in thresholds, those places
where the old dissolves and the new has not yet taken form.

This 21-day spiral arises from my own practice: a path that helps you remember rather than transform, that softens without diminishing, and strengthens without elevating.

The Journey

This 21-day movement is a spiral of remembrance an invitation to move through a natural rhythm of 3×7 days: three weeks of descending, embodying, and re-emerging.

The journey unfolds during a powerful seasonal transition: from the opening of the field on November 30 toward the Winter Solstice on December 21, the moment when the light slowly returns.

- Each day is a breath.
- Each week is a circle.

Together they create a threshold space between past and future a space you walk through consciously and embodied.



It is not a program.
Not self-optimization.
But a gently held framework in which you can hear yourself again.

FAQ

How does the 21-day journey unfold?

You will receive a clear structure and regular inspirations, not necessarily daily, but in a natural rhythm of every 2–3 days.

Each practice is simple, under 30 minutes, and designed to support your process with ease.

Between the Opening and Closing Ceremony, the journey moves with your breath, you follow your own rhythm, not a fixed schedule.

Do I need prior experience?

No. This journey is open to anyone interested in mindfulness, embodiment, and inner depth. Everything is invitational, nothing is required.

What materials do I need?

A notebook, a little space for gentle movement, optional creative tools and most importantly: the willingness to give yourself a moment each day.

How much time should I set aside?

Each practice takes no more than 30 minutes.

You decide how deep you want to go.

Are the ceremonies live?

Yes — Opening on November 30th and Closing on December 21st.

The 21 days in between are self-guided.

What is the purpose of this journey?

There is no “goal” in the traditional sense.

The journey supports slowing down, deepening embodiment, and consciously entering the darker winter season. What wants to unfold will unfold in its own timing.

Can I repeat this journey in future years?

Yes. The structure is cyclical and can be revisited.

Many use it as an annual end-of-year companion.

How is this journey different from traditional programs?

It is not performance-oriented.

There are no rigid rules.

The journey moves in a spiral gentle, deep, and without pressure.