

The Breathwork Party Menu for Bridal & Wedding Experiences

Magical Moments. Glowing Hearts. Unforgettable Energy.

By Clarissa Hoffmann



✨ Welcome to Your Magical Experience

This isn't your typical wellness session—it's a vibe.

Think glowing skin, teary-eyed connection, deep sisterhood & union, and everyone saying, "OMG, that was amazing."

Whether you're celebrating a bride-to-be or curating a dreamy wedding moment, I create soul-stirring breathwork experiences that elevate the energy and make magic memorable.

✨ 1. Private Breathwork Session - "THE MAGNETIC BRIDE"

Glow from within before the big day

It's a **luxury self-ceremony** that blends grounded emotional preparation with high-frequency visioning. This offer is for the bride who's spiritual, intentional, and wants to feel like the *most aligned, magnetic, radiant version of herself*—not just styled, but **soul-ready**.

Theme: Awakening feminine energy, inner harmony, confidence, visioning & radiant alignment

Perfect for: Pre-wedding (1 or 2 weeks before), Night-before grounding

Includes:

- 90-min luxury private session
- Visualization journey of future self as a self-actualised, whole soul in sacred union
- Rose water ritual to anoint the heart and release pre-wedding nerves 🌹
- Custom visualization recording for the bride

Vibe: Elegant, Empowered, Ethereal

Investment: \$444

✨ 2. Soulful Group Breathwork - "The Radiance Ritual"

Where beauty blooms, hearts open, and the bride tribe glows together.

A soulful pre-celebration rooted in connection, softness, and sparkle—a **heart-centered glow session** that leaves the bride tribe feeling bonded, seen, and radiant from the inside out.

Think: deep exhales, heartfelt eye contact, glowing cheeks, and sacred giggles.

Theme: Sisterhood, sparkle, laughter, beauty activation

Perfect for: Bachelorette parties, Bridal Showers, or welcome circles for sisterhood

Includes:

- 90-min breathwork journey for heart-opening, connection and glow activation
- Visualisation journey
- Beauty affirmations
- Personalised playlist
- Angel card pull
- Optional: mini gift bags, keepsake audios, etc

Vibe: Joyful • Intimate • Beauty-Focused

Investment: \$777 (up to 10 guests), *Price per additional guest upon request*

✨ 3. Luxurious Group Breathwork - "Goddess Circle"

A sacred celebration of sisterhood, sparkle, and soulful champagne magic.

A **goddess-style bridal toast** wrapped in ritual and radiance—where sacred visioning meets light movement, beauty affirmations, and a closing **champagne circle**. This is for the bride tribe that loves soulful bonding *and* glam celebration—sparkling juice, sparkling eyes, and sparkling energy.

Theme: Celebration, visioning, embodiment & radiant alignment

Perfect for: Bachelorette parties, Bridal Showers, or welcome circles for sisterhood

Includes:

- 120-min luxury session including visualisation journey + light movement + beauty affirmations 🧚‍♀️
- Crystals, candles, custom playlist & rose water ritual
- Celebration circle with champagne-closing (or sparkling juice)
- Optional add-on: keepsake audio meditation, mini gift bags, flower crowns, intention cards, or glam self-love polaroids 📸

Vibe: Celebratory • Feminine • Magical

Investment: \$1,111 (up to 10 guests), *Price per additional guest upon request*

4. Private Couple's Breathwork - "The Sacred Union"

A guided breathwork ritual to anchor love, presence, and intentional connection

This private session for the couple is more than relaxation—it's a spiritual anchoring. Designed to honor their love, open their hearts, and deepen their emotional bond in a sacred, unforgettable way.

Perfect for: The couple before or after a wedding

Includes:

- 90-min private couple's breathwork session
- Custom *Sacred Union Visualization* to celebrate your love story + future
- Gentle partner practices: eye gazing, synchronized breathing, shared intentions
- *Rose water ritual* to bless your hearts and union 
- Personalized audio meditation gift to revisit on anniversaries or anytime 

Investment: \$555

Premium Add-Ons

- **Keepsake Audio Meditation** (for the Group as a beautiful Memory from the Event): \$111
- **Personalised Visualisation Recording** (for the bride or couple; visualisation of the most magical wedding day, honey moon, sacred love journey together with her husband-to-be): \$111
- **Luxury Gift Bags** (crystals, rose mist, sleep mask, intention card): \$55/guest
- **Custom Flower Altar Setup:** 222\$

Available Worldwide

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Tulum • Ibiza • Bahamas • Mykonos • Amalfi Coast • Costa Rica • Portugal • Wherever you're celebrating life.

Booking + Inquiries

Book Clarissa on [the Knot here](#).

Book Clarissa on [Wedding Wire here](#).

Custom packages available for couples, larger groups, and multi-day events. Just send an email to activatemysuperpowers@gmail.com with your wishes.

Let's make your celebration a soul-aligned, unforgettable experience!