



The Melody Breathwork Method™

A signature system of breath, rhythm, and energy regulation

The Melody Breathwork Method™ is Melody's proprietary approach to breathwork, designed to gently regulate the nervous system, elevate vibration, and restore inner harmony.

It weaves conscious breathing, energetic awareness, and rhythmic flow, informed by over 30 years of experience in energy healing, sound healing, meditation, and hypnosis.

This method is not forceful or cathartic — it is refined, safe, embodied, and deeply effective, allowing the body and breath to move in harmony rather than resistance.

Core Principles of the Melody Breathwork Method™

M — Mindful Awareness

Breath begins with presence. Clients are guided into safety, awareness, and embodiment.

E — Energetic Alignment

Breath is used to balance the subtle body, chakras, and biofield.

L — Listening to the Body

The nervous system leads the pace. Nothing is forced.

O — Oxygenation & Flow

Breathing restores natural rhythm, circulation, and vitality.

D — Deep Regulation

The body shifts from a state of survival into one of rest, repair, and clarity.

Y — Your Natural Rhythm

Each person reconnects with their own unique inner melody.



What Makes This Method Different

Nervous-system–led (not push-based breathwork)

Trauma-aware and deeply grounding

Integrated with sound, frequency, and subtle energy

Accessible to beginners and advanced practitioners

Creates lasting regulation, not just temporary release

Ideal For

- Stress, anxiety, and overwhelm
- Energy sensitivity and burnout
- Healing practitioners and teachers
- Spiritual seekers wanting embodiment
- Clients wanting calm, clarity, and coherence

The Melody Breathwork Method™

- Regulate the nervous system. Restore harmony. Remember your rhythm.

Next-Level

This method can naturally expand into:

- Certified Breathwork Training
- Online programs
- Private 1:1 session
- Integration with Reiki, Sound Healing, & Meditation
- To book a private one-on-one session, [please visit:](#)
- For Breathwork enquiries: Email: melody@AboveAllHealing.com.au