

Elemental  
Breath LA

Our Services

# Just one breath away from bliss

You're a breath away from bliss, one step from clarity, walking in confidence as a healthier, less stressed, and more joyFULL you.



# About Elemental Breath LA

Elemental Breath provides culturally informed breathwork and meditation experiences that are approachable and accessible to all. Guiding Light, lead breathwork practitioner, and meditation guide, Imani Nicole helps participants live a less stressed and more joyful life through her breathwork and meditation experiences.





# Breathwork

Breathwork is a restorative practice that uses breathing techniques to guide you through emotional, physical, and subconscious healing.

Breathwork can be used for healing from trauma, stress relief, and grief and for igniting relaxation, calm, and joy!

[Book Now](#)

# Meditation

Meditation is exploring. It's not a fixed destination. Your head doesn't become vacuumed free of thought, utterly undistracted. It's a special place where every moment is momentous. When we meditate, we venture into the workings of our minds: our sensations (air blowing on our skin or a harsh smell wafting into the room), our emotions (love this, hate that, crave this, loathe that), and thoughts (wouldn't it be weird to see an elephant playing the trumpet).\*

\*Source: [Mindful.org/meditation/mindfulness-getting-started/](https://www.mindful.org/meditation/mindfulness-getting-started/)

Book Now





# Sound Healing

Sound healing therapy applies

[Book Now](#)

# Testimonials



"Imani is a ray of light! She made me feel safe and comfortable enough to be vulnerable. She is gifted at guided meditation, especially breath work ! It was a beautiful experience that I'll forever remember. She is the go to for breathwork and I'm so grateful for her! She is genuine, the work is outstanding, and it's so worth it."



"Imani's ability to make a calming space while being considerate of anxieties and traumas is truly and art form. Not only did I feel comfortable enough to ask clarifying questions, but her natural charisma and genuine care can be felt even through virtual sessions."



"This was my first breath-work experience and I am looking forward to my next already! Imani has beautiful energy and you can feel it! Right after I could feel the release of stored energy and trauma in my body. It was so powerful."



Elemental  
Breath LA

# Get in Touch

