

PRIVATE GROUP EXPERIENCES

Private Group Breathwork & Cacao Experiences

Human to human. Heart to heart.

A few hours to step away from everything else and simply be together, no experience needed, just come as you are.



Something a Little Different

The purpose isn't to do more, but to be together.

There are so many ways we spend time together (dinners, drinks, birthdays, celebrations), but creating space to simply be, not to achieve, is something different.

A private session is a chance to gather your people, put the phones away and slow everything down. Connect on a very different level.

You experience something together you might not ordinarily make space for in everyday life.

You don't need to know how to meditate. You don't need to be 'good' at breathwork. You don't need to arrive feeling calm, spiritual or particularly prepared.

There is nothing to get right and nothing to perform.

You simply come as you are.

What Is Conscious Connected Breathwork?

Guided from beginning to end.

CCB connects the inhale and exhale into one continuous rhythm. I guide you through the breath while music supports the journey.

Although everyone breathes together, the experience is completely individual.

For some, the breath brings deep stillness; for others, emotion, energy, clarity, creativity, joy or reconnection.

There is no experience we're trying to manufacture, and nowhere you're supposed to get to.

The breath is an opportunity to get curious about what happens when you stop doing and start feeling.

Nothing to achieve, just space to feel.

The Session Structure

Approximately 2 to 2.5 hours, fully held.

Your session includes time to arrive and settle, an introduction to the breath, intention setting, optional Ceremonial Cacao, a guided CCB journey, and time to rest and integrate.

I hold the session from beginning to end; once we begin, there's nothing for the organiser to manage.

Your only job is to be there.

Ceremonial Cacao & Who It's For

Cacao is always optional.

Ceremonial Cacao can be included as part of your experience. We share it slowly at the beginning, creating a transition between the outside world and what we're about to move into together.

If someone can't or would prefer not to have cacao, they can still participate fully in the breathwork.

Cacao contains naturally occurring stimulants; the invitation is always yours to accept or decline.

Private sessions suit groups of friends, birthdays, bridal groups, women's or men's gatherings, families, teams or colleagues.

You don't need a special occasion.

Sometimes wanting a few hours together is reason enough.

The Exchange & What to Bring

1-6 people: R550pp,
7-10 R480 per person,
11-15 R400 per person

This includes your facilitated private Ceremonial Cacao and Conscious Connected Breathwork experience.

Sessions can take place at Source Wellness, your home, or another venue chosen for your group.

Where an external venue or additional travel is required, costs are discussed and agreed before booking.

Wherever we gather, comfort and privacy come first.

Please bring: a yoga mat, comfortable clothing, warm socks, water, and a journal and pen.

At Source Wellness, blankets, pillows and eye masks are provided. Elsewhere, we plan together beforehand.

Leave yourself breathing room afterwards, rather than rushing into your next commitment.

Safety & Your Questions

Please read the contraindications before attending.

CCB is a powerful practice, and certain medical conditions and circumstances may mean it isn't appropriate, or needs to be modified.

**Read the Breathwork & Cacao
Contraindications – [link here](#)**

If anything listed applies to someone in your group, they're welcome to contact me privately before booking.

Trying breathwork for the first time can come with lots of questions.

What does it feel like? What if I get emotional? Do I have to share afterwards? What if I've never done anything like this before?

**I've answered many of these questions
in the FAQs – [link here](#).**

What People Have Said

In their own words.

“Tash holds a gentle space and I felt safe. I was really comfortable and felt her presence absolutely focused on me. She guided my journey skilfully and I had an incredible release.” – Kim, July 2026

“I had the most wonderful experience with Tash during her two-hour breathwork session. From the moment I arrived, I felt completely at ease and supported. Tash created such a calm, welcoming and safe space, and guided the session with so much care and intention.

The breathwork itself was a deeply relaxing and powerful experience. I was able to switch off from the outside world, connect with myself and leave feeling lighter, calmer and more grounded.” – Frances, Sept 2026

“It's hard to put into words just how incredible this experience was. It was something I could never have imagined, and so much more powerful than I expected. Tash held the space so beautifully, one where I felt completely safe to be vulnerable, surrounded by an amazing group of women.

I walked away feeling lighter, stronger, deeply connected and full of love. A truly special gift that I'll carry with me for a long time.”
— Stephanie Hollander, Women's Group Breathwork

Real experiences, in their own words.

Ready to Create Something for Your Group?

A few hours where nobody needs anything from you, a space to breathe, to receive, to connect and simply be together.

If this sounds like something for your people, get in touch and we can take it from there.

Whether we gather at Source Wellness, transform your living room, or find somewhere beautiful together, the intention stays the same.

TO BOOK

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Please fill out this form to enquire about a booking for your group:



Human to human. Heart to heart.

THE
central
love
system