



ALYSE

*breathes*

— press kit —



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## ABOUT

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Alyse Bacine is a Breathwork Practitioner, Spiritual Mentor, and the CEO of Alyse Breathes LLC. She has her Master's in Counseling Psychology and certifications in both Social Emotional Learning and Mindfulness Practices, as well as an extensive background in the mental health field where she served as a school counselor for 10+ years and received a grant to implement Mindfulness to her school. Knowing that she always wanted to expand her mission of healing familial and ancestral trauma, and normalizing mindfulness, meditation, and breathwork practices, she opened her own business and quickly became a six-figure mentor. Alyse helps high-achieving women that feel stuck in their wealth, partnership, psychic abilities, and/or trauma, transform their current realities to get to their next-level selves. Her programs are deeply rooted in healing so that women can navigate work, love, and life as powerful leaders, without the burden of trauma playing a role in their highest potential.

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## AS SEEN IN

SAGE & SALT

rē·spin

*she*knows

●●● Medium

THRIVE GLOBAL

chakra girl<sup>co.</sup>

# PODCAST

For many years, our consciousness has been hijacked by societal and cultural programming, religion, the media, and familial and ancestral trauma. Reclaiming Consciousness is a podcast dedicated to exploring how so many spectacular humans are waking up, exiting the matrix and fully reclaiming their consciousness.

In this show you'll meet exceptional people who are paving the way in raising consciousness and creating a new way of living on this earth. This podcast is your roadmap to deprogramming from the matrix and contributing to creating the new earth.

# FORMAT

spirituality | wellness | intergalactic  
60 minute interviews

# PAST GUESTS

Andrea Donnelly  
Jocelyn Kelly Reid  
Ali Levine  
Jennifer Longmore  
Jenny Miller

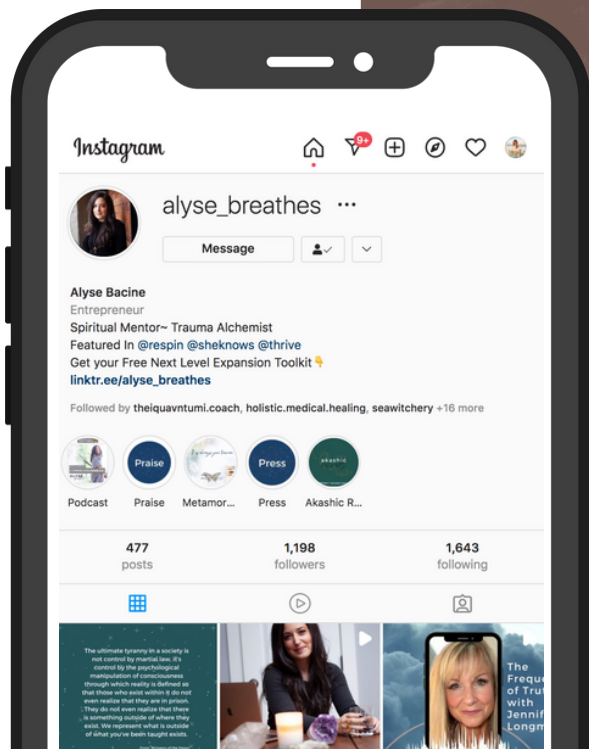




# GALLERY



# SOCIAL



@alyse\_breathes



/alyse.levy



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A woman with long, dark, wavy hair is sitting on a couch against a bright yellow wall. She is wearing a brown, textured knit sweater and black pants. Her hands are resting on her lap, and she is looking directly at the camera with a slight smile. In the top left corner, there is a dark wooden carving of a figure. In the bottom left corner, there is a stack of patterned blankets and a red blanket.

# CONTACT

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