



# BIODYNAMIC BREATHWORK MASTER- FOUNDER GITEN TONKOV

Renowned as the Developer of the BioDynamic Breath & Trauma Release System®, Giten shares a mastery of body-oriented therapies with 25+ years of global experience.

Fueled by passion, humility, and love, he crafted the innovative "6-Element" healing approach. Giten leads practitioner trainings and workshops, fostering the global success of the BioDynamic Breath & Trauma Release Institute.

Giten helps people all over the world with trauma release, fostering awareness and promoting a healthy body and clear mind.

“Serving humanity brings me purpose”, Giten Toncov .



BIO DYNAMIC BREATHWORK  
MASTER - FOUNDER BY

# GITEN TONKOV

FEB 22ND	<b>BreathHeal Somatic Release</b>	@GRATITUDE TENT 10:00 am
FEB 23RD	<b>InnerGlow Chakra Alignment</b>	@GRATITUDE TENT 6:00 pm
FEB 24TH	<b>Biodynamic Breathwork</b>	@SHALA 8:00 am
FEB 25TH	<b>Release &amp; Relax JawBreath</b>	@GRATITUDE TENT 8:00 am
FEB 26TH	<b>BreathHeal Somatic Release</b>	@GRATITUDE TENT 10:00 am
FEB 27TH	<b>Breathe, Touch &amp; Flow: Contact Improvisation Class</b>	@SHALA 5:00 pm
FEB 28TH	<b>Biodynamic Breathwork</b>	@GRATITUDE TENT 10:00 am
FEB 29TH	<b>Release &amp; Relax JawBreath</b>	@GRATITUDE TENT 10:00 am
MAR 1ST	<b>Pelvic Root Biodynamic Session</b>	@GRATITUDE TENT 10:00 am
MAR 2ND	<b>InnerGlow Chakra Alignment</b>	@GRATITUDE TENT 5:00 pm



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## PRIVATE SESSIONS

Giten tailors private sessions to address unique needs, guiding clients to identify and release stored trauma in the body, manifesting as health conditions, chronic tension, and unhelpful behaviors. Utilizing felt sense, verbal support, and breath-focused exercises, sessions facilitate the release of trauma-related physical, emotional, and mental tension.