



BEYOND BREATH PROGRAM BROCHURE

Things to review before your call

Sariah Bastian



SARIAH BASTIAN FOUNDER & CREATOR AT BEYOND BREATH

Sariah Bastian went from a broken family, failed marriages, and a hope for love, to finding love within herself and within her healthy marriage.

After completing her 1200 Professional Yoga Therapy Certification in 2014, Sariah made it her mission to heal her body from the trauma she experienced and overcome the heartache in order to love again.

Sariah furthered her research under Dr. Kevin Skinner, LMFT, CSAT, EMDR, Clinical Director of Addo Recovery, and has created a program that has helped hundreds of women elevate and sustain their marriage after the heartbreak of betrayal trauma by focusing on the nervous system, re-writing old programs, and presenting their whole selves into their relationship.

Sariah loves the quote, "Your body knows things long before your mind ever does," and she can't wait to introduce you to your body, help you heal, and enter your marriage in wholeness.



THINGS TO REVIEW BEFORE YOUR CALL

THANK YOU FOR BOOKING A CALL WITH ME!
I appreciate your interest in working with Sariah Bastian and the Beyond Breath team to elevate and sustain your marriage after Betrayal Trauma.

Ultimately, the purpose of the call is to see if I can help you.

If I believe you would be a good fit for me, then I will show you what I can do for you, based on your specific situation, and then you can decide whether or not you want to become of my clients.

AT THIS POINT, YOU'RE MOST LIKELY ASKING YOURSELF "WILL THIS WORK FOR ME?"

While Sariah does have private, high-level training, most people start with the Beyond Breath coaching program. To further help you make a decision about Beyond Breath, I have included some reviews from past clients, and frequently asked questions (FAQ)

Whether or not my program will work for you will be determined on the call after I ask you some deeper questions, but you will get more out of the call if you review these questions before speaking with me.

FREQUENTLY ASKED QUESTIONS ABOUT BEYOND BREATH:



Q. Is Beyond Breath for me if I don't know whether to stay or leave my marriage?

A. Yes! Beyond breath will help you emotionally regulate so you can actively live your life and see things clearly, giving you the opportunity to make a clear, conscious decision.

Q. Will this include basic information to introduce me to my body or do I need to be somewhat competent?

A. You do not need to know anything about your body, or that you are even breathing, to begin working with me through Beyond Breath. I will introduce you to yourself from the ground up.

Q. Do I need to have an extensive background in trauma and what it does to your body?

A. You do not need to have an extensive background or knowledge of how your body is storing trauma in order to work with me.

Q. Is Sariah on the coaching calls herself?

A. Yes! Sariah hosts every coaching call.

Q. Is Sariah active in helping people in the Facebook group?

A. YES! The time to get advice from Sariah is on her weekly call; however, she does jump into the Facebook group quite often to answer simple questions. BUT she will not answer a question in the group that requires you to come on the call because she would rather give you a solid answer on the call than a vague answer in the group. If it's more than a simple question, it's highly recommended you come on the call. The group is great for engaging with other members in between the weekly call as well as for asking simple questions.

Q. How many students are on these calls?

A. On average, there are between 5 and 20 women on each call.

Q. How long does it take to complete Beyond Breath?

A. Beyond Breath is self-paced. You are not required to complete it in any certain amount of time. You may work as fast as you like or as slow as you like, but for someone working diligently, it can be completed in as little as 8 weeks.

FREQUENTLY ASKED QUESTIONS ABOUT BEYOND BREATH:

Q. For how long do I have access to the program and the calls?

A. This is a 60-day coaching program, however, you have forever access to the training portal and the weekly meetings.

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Q. Are there any more upsells?

A. No! Sariah believes in putting everything into one product and one product alone. Sometimes Sariah offers additional high-end options, such as private masterminds or VIP events. These are simply options to get more attention from Sariah. Sariah does not actively force anyone to upgrade, nor is it a requirement. It's simply an option if you want to pour more gasoline on the fire. Beyond Breath has absolutely everything you need to reprogram your nervous system, step into reality, and elevate your marriage.

Q. What makes this program different from all of the other betrayal trauma courses?

A. First of all, this is not a course. It is a high-level coaching program. It comes with several courses to support you, but it's definitely a coaching program. What makes it different is that Sariah was able to heal her body, confidently decide how to move forward in her relationship, and find lasting love (in herself) to bring into her healthy marriage. So if you're someone who wants to learn from the best in the business who has helped hundreds of women find success in reprogramming their bodies, and healing their relationships, then this program is for you.

Q. Finally, is Beyond Breath for me?

A. The only way to be sure that this program is a fit for you and that you are a fit for this program is to book a call, attend the call, and Sariah will evaluate your situation and see if she can help. Sariah will absolutely not sell you anything unless she believes you will get a massive return on your investment. Sariah's success is rated extremely high for those that actually attend the calls and use the program - almost 100% - the reason for this is simply because I only work with people I know I can help. And the only way to know that is to jump on a call!

I look forward to speaking with you!

Kind Words

This course changed my life. It has helped me in be a better person in all my relationships. It will help you connect to others in a healthier way because you will learn to connect to yourself in a healthier way.

McKell B.

I am a million times more grounded, self aware, and loving toward myself which in return helps me in every area of my life in all the roles I take on

-Elizabeth T.

I definitely communicate more and am more aware of my relationships and connections with people. I'm more aware of my emotions and my truth

-Cheri B.

Don't hesitate. Stop looking for "the right" thing to do to heal and grow . Beyond Breath is it. It's impossible to be apart of this and not experience growth and expansion

-Bre G.

This is a life changing course if your ready to put the work. It will change and awake things about yourself that you never knew before

-Lesley K.

I am so grateful to have been led to Sariah's program as my kick start into remembering my authentic self

-Kristin P.

