

Breathe the Goddess

A JOURNEY THROUGH BREATH,
MYTH AND EMBODIMENT

The 10 Goddesses

“reveal the inner workings
of both the universe and the
psyche. They represent the
deeper truths of life hidden
behind our attachment to the
outer forms of things.

We must become the Goddess
as her power comes to work
through us...” — **Frawley**



The Breathe the Goddess is an exciting series of online workshops emerged as an offshoot from the “Ten Facets of the Goddess” training programme which up until now has only been offered in Spanish.

It is time to begin to offer this deeply revealing and transformative work to an international arena.

Whilst the training is an intensive program which requires commitment to the sophisticated techniques which come from the classical tantra yoga tradition in which I have been immersed since 2000, the Breathe the Goddess series is a refreshing toe-in-the water experience which uses somatic practices with the body and the breath as a way of aligning which each one of the feminine archetypes.



Beyond Your Gender

In recent times there has been much work designed specifically for empowering women, for aiding them in befriending their shadows and stepping into a more authentic and powerful version of themselves, and this work addresses these themes.

This program continues to attract mainly women however it is not intended to be exclusive and we welcome men and non-binary people joining us in the training programs. Let us remember that the feminine is not owned exclusively by those souls who have incarnated into female bodies. This is a question which transcends gender. We seek to deepen our understanding of the feminine energy which is inherently creative and dynamic within our psyches and become more aware of how this plays out in the arena of our thoughts, actions and interactions.



The Feminine Is The Mother, Your Origin

Regardless of our gender, we all come from mothers, and as we walk upon the surface of Mother Earth, honouring her in all her forms is not only a healing practice on an individual level but also a means to reconnect with one another as a collective. This reverence inspires us to care for our planet in a way that acknowledges our shared source.

Similarly, just as we must honour our ancestral lineage—despite the pain it may have caused—to heal and find inner peace, we can trace everything we consume and interact with back to the fundamental elements that make up our planet. By reconnecting with this source, we create an opportunity to realign ourselves and move forward with heartfelt consciousness.



I Will Be Your Guide

I am Harmony (yes, this was the name my parents gave me)—psychologist, Tantra Yoga and Meditation teacher trainer, and trauma-informed Breathwork practitioner. I am based in Spain where I have a small retreat center in the Gredos mountain range.

I am passionate about the Mahavidyas because, despite their ancient origins, they still encompass the psychological and social aspects of both human and divine life. Rich in symbolism, they express beauty and ugliness, aggression and compassion, reflecting the inevitably dualistic nature of existence. They invite us to confront reality in all its facets and embrace the shadow as well as the light, allowing us to be at peace with all that Creation has brought forth.

I received my first initiation into the Mahavidyas from Swami Vivekananda Saraswati in 2006. Later, I deepened my

practice through direct teachings and initiations from Emmanuel Akshobhia and Guruji Rajkumar Baswar of the Shivoam Tantra school, as well as through study and meditation on the works of scholars such as Kingsley, Frawley, Rhodes, Chinnaiyan, Dinsmore-Tully, and Shankaranarayanan.

I have spent many hours in personal practice with mantra and yantra sadhana, working with certain goddesses more than others depending on the challenges life has presented.

Drawing from my knowledge and experience, I felt called to create an in-depth 10-month training, where I have channeled vinyasas and yogic practices for each goddess to complement the awakening of their energy within the practitioner. In addition, I have integrated Breathwork and contemporary psychological self-inquiry exercises to bridge this work with our everyday struggles and challenges.

Having worked primarily in Spanish for most of my career, I am now offering this work for the first time in English—to the beautiful Breathwork community I have been fortunate to connect with, as well as anyone else who feels called to join us.

The work I offer has received the blessing of my teacher in India, and I feel deeply grateful to continue receiving his support as I bring this work to the world.

Read more on my websites:

nayanayoga.com

parentesisvital.com



Testimonials

“Harmony as a teacher is walking wisdom. She is a living embodiment of the practices; radiating the kind of presence that can only come from deep somatic experience, understanding, and integration. I say this because I have witnessed her moving through life’s blessings and challenges with the grace and power of the Goddess. If anyone is meant to guide others in this work, it is her - because she holds space with rare clarity, courage, and discernment: inspiring not just through her knowledge but through her entire way of being.

— Nakita, UK

“I have been practicing with Harmony for over twenty years now and it is still as delightful as it was in the beginning. Every session is filled with an inexplicable magic and I leave feeling more expansive, aligned and grateful to be alive. Practicing with Harmony is a truly enlivening and unique experience. I wholeheartedly recommend the experience! — lone, UK

“I joined the Goddess Breathwork session at the end of a deeply transformative week, unsure of what I needed. What I received was a profoundly uplifting spiritual experience that deepened my connection to my body. A key part of my journey has been learning to ground myself and cultivate intimacy with my body—through this breathwork, I felt fully present, supported, and held. The space was so beautifully facilitated that I felt safe to surrender to the experience, trusting that Harmony and her team would guide me in grounding and integrating what was both a powerful and wonderful journey.

— Davey, UK

“I have had the great honour of assisting Harmony in two of her in person Breathwork sessions with one of the Goddess archetypes and she holds a profound, deep space. She creates a safe and yet expansive container, allowing the mystery to be ever present in our awareness, guiding with her imagery and words. There is a beautiful lightness of touch and yet a deep knowing of something beyond. I witnessed the room moving and shifting with an energy that was both beautiful and powerful, creating ripples in our deep unconscious. Harmony holds this space with grace and ease and it is a delight to work with her, witness her working and to be part of this wonderful mystery of awareness that we all are. Thank you Harmony, for your wonderful work!

— Emma, UK



“ I want to say that Harmony’s facilitation takes my breath away—but in truth, she creates an exquisite space where my breath is free to soar, dive, and rise again. Each of her Goddess Breathwork journeys has been deeply meaningful to me, from the carefully crafted altar mandala that sets the sacred space to the profound depth of the feminine path she invokes with her words. I eagerly look forward to more of Harmony’s beautifully guided deep dives into the realms of the Goddess.
— Darrel, UK

“ I’ve been fortunate to participate in the numerous breathwork sessions led by Harmony. One of the most profound sessions for me was when Harmony brought in the energy of Goddess Chinnamasta during one of our sessions. It was transformative. Her fierce, powerful presence completely shifted the dynamic of the room, infusing us with a sense of deep inner strength and renewal.



The way Harmony weaves the goddesses into her work is incredibly impactful. They're not just symbolic figures but living energies that awaken something powerful within us. Each goddess brings a unique wisdom and vibration that guides us toward greater self-awareness and healing. — Bhavna, Dubai

“ I had the privilege of attending the Goddess workshop facilitated by Harmony, and from the moment I stepped into the space, I could feel its profound energy. The presence of the Goddess was not only invoked but deeply embodied, creating an atmosphere that was both powerful and nurturing. Harmony masterfully held the space, allowing me to access deep, transformative energy while feeling completely supported. This made it effortless to open up, explore, and connect with the sacred within. Beyond the experience itself, Harmony's attention to detail in creating a visually stunning environment added another layer of magic—a true feast for the eyes and soul. I wholeheartedly recommend these workshops! — Gabriela, UK

Presentation class 2025



When + How?

The *Breathe the Goddess* online workshops will take place on a **Thursday evening** every two weeks. Each workshop lasts 2.5 hours and contains:

- **Pre-workshop journalling prompts**
- A brief introduction to the goddess
- A visualization of her symbols
- A somatic movement practice to embody her energy with the use of specific mudras [gestures]
- A breathwork practice with specific music for each goddess
- A warm integration space

Each goddess carries a rich tapestry of symbols that, when understood, reveal deeper layers of our psyche. To introduce each archetype, I will highlight one essential theme, using her wisdom to help us transform its shadows into light — integrating its power for our personal growth and evolution.



Pricing

70€ per 2.5 hour workshop

Discounts + early bird gift

You are eligible for a 20% discount if you sign up to all 10 workshops before the 8th of December. You save 140€!

Total with discount: 560€
[one-time payment]

In addition, if you take advantage of the **early bird gift** when you make a one-time payment up until the 8th of December, you will receive a 100€ gift voucher which can be spent on any of the in-person retreats that I offer at our retreat center in Spain. [If you are unable to get to any of these you can use this voucher for 1:1 online sessions or future online events].

If you signed up for all 10 sessions the previous edition of this course and you would like to repeat the experience, you can do so with a 50% discount on the price that you originally paid.

Payment links

One-time full payment 560€ [\[click here\]](#)

Pay per session 70€ [\[click here\]](#)



YATRA (pilgrimage) to INDIA

There will be an opportunity for a few seasoned travelers to join a sacred site pilgrimage in INDIA, with the chance of meeting an authentic Tantra master who will guide a fire ceremony and offer an initiation with a powerful mantra. Additionally I will accompany you as you breathe the Goddess in person in Mother India.

Soon the conditions for application, full itinerary + pricing will be available [\[here\]](#).



Dates 2026

The *Breathe the Goddess* online workshops will be held on Thursdays, every two weeks, from January to May 2026:

January 8 and 22

February 5 and 19

March 5 and 19

April 9 and 23

May 7 and 21

Timings

20:00–22:30 [Spain / CET]

7–9:30pm [UK]

2–4:30pm [Canada / US East Coast]

11am–1:30pm [Canada / US West Coast]

Each session will be 2.5h with **optional additional 30 minutes at the end** for lengthier shares + integration.



- **LIVE PRESENTATION / MASTERCLASS**
with Harmony & Nakita
Saturday 20th of December
on Instagram [@harmony_hannigan](https://www.instagram.com/harmony_hannigan)

20:00–21:30 (Spain / CET)
7:00–8:30pm (UK)
2:00–4:30pm (Canada / US East Coast)
11:00am–1:30pm (Canada / US West Coast)

- **Q+A SESSION**
Saturday 3rd of January
via ZOOM

20:00 (Spain / CAT)
7pm (UK)
2pm (Canada / US East Coast)
11am (Canada / US West Coast)

1 —

KALI

Thursday

8th January 2026

The Cycle of Death & Rebirth – Surrendering to transformation and renewal.



2 —

TARA

Thursday

22nd January 2026

Unwavering Truth – Beyond self-deception and realigning with the source.



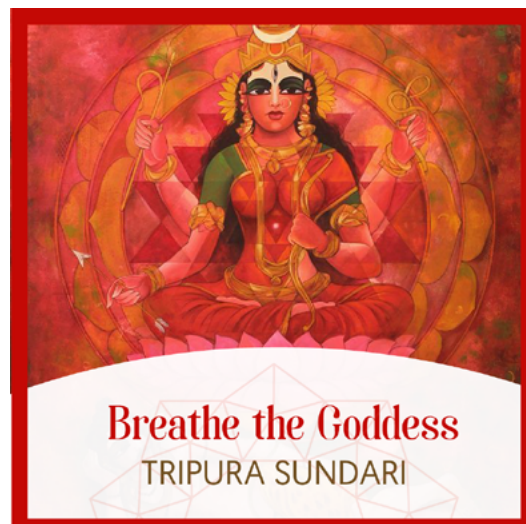
3 —

TRIPURA SUNDARI

Thursday

5th February 2026

Sovereignty: Embracing Your Inner Child & Teenager – Reclaiming innocence, passion, and power.



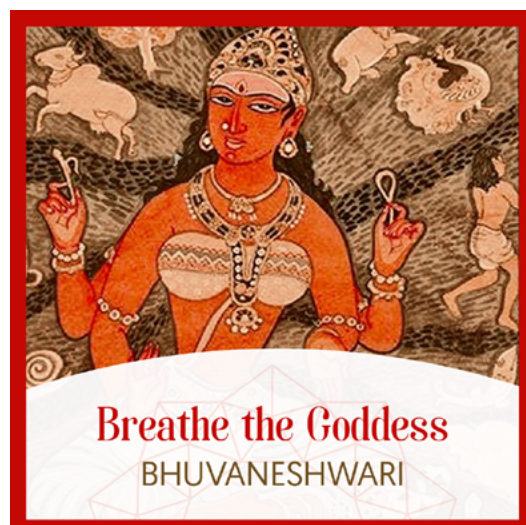
4 —

BHUVANESHWARI

Thursday

19th February 2026

Making Space for Creation – Entering the cosmic womb of possibility.



5 —

BHAIRAVI

Thursday

5th March 2026

Igniting the Fire of Transformation

– Awakening your inner alchemy.



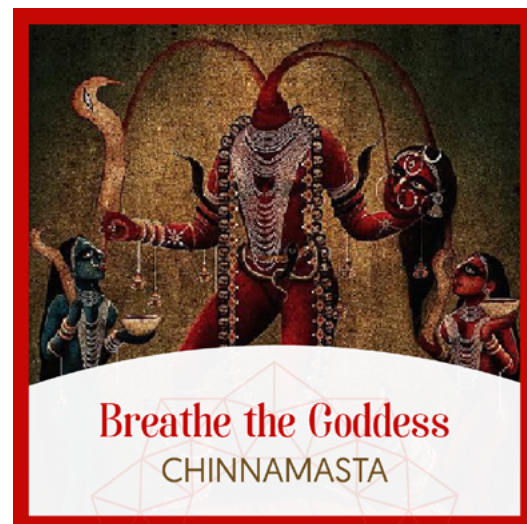
6 —

CHINNAMASTA

Thursday

19th March 2026

Out of Your Head, Into Your Power – Harnessing your vital energy.



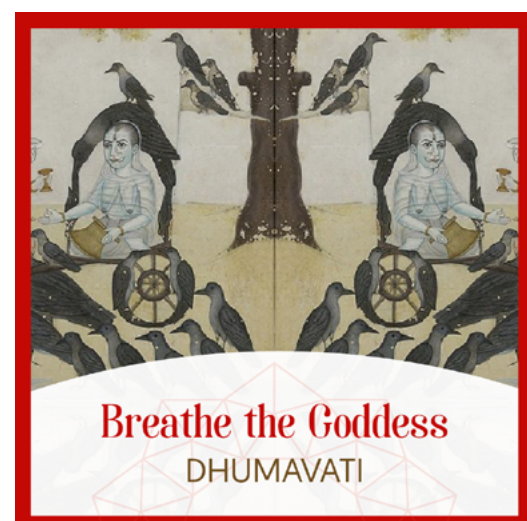
7 —

DHUMAVATI

Thursday

9th April 2026

Dancing with the Void – Trusting the unknown and expanding beyond.



8 —

BAGALAMUKHI

Thursday

23rd April 2026

**STOP: The Power of Pause
& Reinvention** – Embracing
stillness to shift direction.



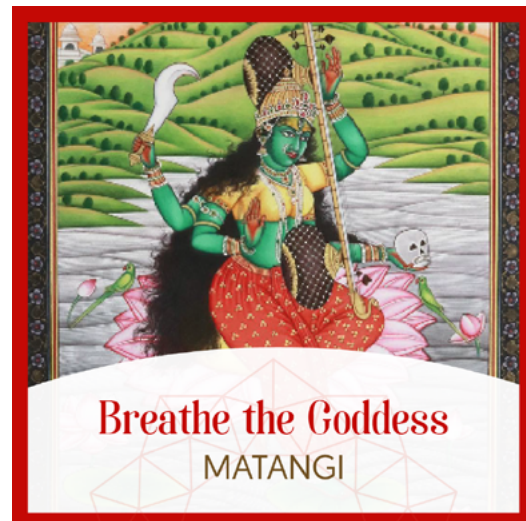
9 —

MATANGI

Saturday

7th May 2026

Owning Your Authenticity
– Expressing yourself
unapologetically.



10 —

KAMALATMIKA

Saturday

21st May 2026

**Abundance Beyond
Possession** – Redefining
wealth, fulfillment, and
gratitude.



INTAKE FORM



Frequently Asked Questions

Should I sign up to all 10?

The 10 archetypes are studied in a specific order, as expressed in classical texts. This is because the compendium of the 10 is itself a full cycle which it is convenient to experience. I have no doubt that once you meet one Goddess you will want to meet them all! For this reason, I offer the incentive of a generous discount to those who sign up for all 10 workshops.

You mentioned a full training?

This series of workshops will inevitably generate curiosity to go deeper and sign up for the full training which is currently being translated into English. Your commitment and participation in the introductory series of workshops will be evaluated in the selection process for the full training (yes, we don't accept everyone on to the training).



What will I need?

You'll need a quiet, comfortable space to practice, along with the following:

- Yoga mat, cushion, blanket
- Water to drink
- Notebook
- Wireless earphones or external speakers for good audio quality
- A good internet connection
- A candle
- Clothes of a certain colour *

* Each goddess is associated with a specific color, so you'll be encouraged to wear comfortable clothing in the indicated color or, at the very least, wear a scarf in that colour for the session.

Do I need any prior knowledge about these archetypes?

No prior knowledge is required. This is an introductory experience that will gently immerse you in an embodied exploration of the goddesses, using them as a framework for self-discovery. If you wish to deepen your practice, you'll have the option to enroll in the full training later.



Is this a religious practice?

No, this is not a religious practice. However, cultivating a sense of devotion in your practice can create a deeper connection with the archetypes of the goddesses, enriching your experience and allowing you to open up to Her grace.

Can anyone attend these workshops?

There are some contraindications to consider:

- Due to the powerful symbolism used, these workshops are not suitable for individuals with diagnosed mental health conditions.
- Standard contraindications for Breathwork practices also apply, but an alternative closed-mouth breathing technique can be used for those who require a more gentle practice.
- The bodywork is intuitive and accessible to all.



If I sign up but can't attend, will I have access to the recordings?

Yes, if you've paid for the session, you'll have access to the recording. Participants in different time zones can also receive a recording and may schedule a brief video call with Harmony for integration.

Can I access the playlists used in each Breathwork session?

The playlists won't be available, but you can listen to them as part of the session recordings. However once you embody the energy of a goddess, you yourself will be able to select music that aligns with Her essence. If you join the full upcoming training, you'll gain access to the playlists.



Will I be offered support between sessions?

Yes! As a participant, you're welcome to book 1:1 sessions with Harmony at a reduced cost of €50/hour.

If I'm in the same area as Harmony, can I attend these sessions in person?

No, these sessions are exclusively online. However, if you're nearby, you might consider signing up for the full training in Spanish or complementing the online series with 1:1 in-person integration sessions.

Do you have more questions?

Feel free to reach out directly!
harmonyhannigan@gmail.com

INTAKE FORM



Breathe the goddess with me

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NAYANA YOGA
Energy and Spirit