



CULTIVATOR

Breathwork Archetype

A nurturing, kind, and caring internal processor!



Self-Healing Quiz Results

Created for you by: BREATHE CONNECT THRIVE

WHAT THE CULTIVATOR SELF-HEALING ARCHETYPE POWER MEANS FOR YOU.



Considerate, sensitive, and kind-hearted; you see the good in people. Intuitive and empathic, you have the gift of anticipating the needs of others. Adaptable and considerate, you go with the flow, especially when the mood is laid back and slow-paced.

Balance and stability are essential to you. You're loyal to the relationships and bonds that you've lovingly and considerately curated.

You're thoughtful and sincere; you love deeply and fully. And interestingly enough, you also highly value your alone time. Every breath in and every breath out is casual and adaptable.

You have the unique ability to apply your adaptable and low-risk outlook to almost any situation. You're open-minded when it comes to others' perspectives.

Your biggest desire is peace. You want your work life, home life, and relationships to be peaceful, laid-back, and enjoyable.

Intuitive and reflective your self-healing approach is very nurturing, slow-paced, and soothing.





YOUR CULTIVATOR SELF-HEALING CHALLENGES



Your considerate and adaptable approach to life makes you valuable and dependable. And this can lead to taking on more obligations or responsibilities than you're comfortable with, which might make you feel depleted and overwhelmed. Sometimes you tend to overthink and become distracted with your internal processing mid-

task; it's not uncommon for you to lose your train of thought or forget. You might even joke about it too.

You want to make sure things are planned out beforehand. You're willing to try new things once you've gathered the facts and read the fine print, which can lead to inaction at times.

Your friendly, sincere, and loyal style allows you to build excellent relationships with lasting bonds. And sometimes, your value towards loving, peaceful relationships can blur your boundaries with others. **You often prioritize the wants and needs of others above your needs, leaving you feeling unbalanced and exhausted.**

You're modest and polite and can appear withdrawn or distant when you're quietly processing your thoughts. **Craving harmony, peace, and stability, you're resistant to change. Instability and erratic upheavals can leave you feeling breathless.**

Because of your slow-paced approach, you sometimes feel like life is moving too fast. You might feel like your problem is solvable if you could find an informative and low-pressure, step-by-step approach.

DON'T FORGET THAT YOU'RE
A VALUABLE, HARMONIOUS,
AND PERCEPTIVE PERSON!



AND YOUR CULTIVATOR
SELF-HEALING STRENGTHS
INCLUDE BEING:

- LOYAL
- SINCERE
- FRIENDLY
- SENSITIVE
- EMPATHIC
- NURTURING
- INTUITIVE
- ADAPTABLE
- CONSIDERATE

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YOUR CULTIVATOR SELF-CARE PLAN

Create a predictable and simple self-care routine

- Your unique ability to internally process can sometimes cut off your emotional access when choosing a self-care strategy. So it helps to create a self-care routine ahead of time and make it a priority in your daily habits.
- Because you're laid back and casual, it's best to have quick and easy-to-remember practices you can regularly implement without feeling pressured.

Have a backup plan

- Although you try your best to stick to a routine, tuning into your emotions might be challenging when you're feeling unmotivated (or running late). So be prepared by keeping some simple exercises when you're overwhelmed is crucial.

Ask for help, then take time for just you.

- You might feel like you don't want to burden others, so reaching out might not be your first go-to. But getting outside of your head and staying connected is one of the things that might help you gain more insight and information about your emotional and spiritual journey.
- Treat yourself to some self-care, and then you can show up to nurture all those connections you've cultivated.
- And don't forget to ask for help from the Universe, your higher self, or your own inner guidance through meditation, prayer, breathwork, yoga, or whatever option makes you feel soothed.

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MAXIMIZING YOUR CULTIVATOR SELF-HEALING ABILITIES THROUGH BREATHWORK

You recover best through soothing, quick, and easy techniques that leave you feeling loved, energetic, and nourished.

Your Personalized Self-Healing Breathwork Strategy includes soothing Breathwork exercises like:

- **Lotus Seal Mudra**: a hand seal and breathing practice to help you feel calm, focused, and resilient.
- **Roller Coaster Breath**: a tactile breathing technique that helps you calm yourself and return to a focused state when things go awry.

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Short bursts of **Slow-paced Conscious Connected Breathwork** or **Soothing Integrative Breathwork**: so you can get out of your logical mind and release emotions on a deep visceral level, so you don't carry them around with you.

Click on the links above and try the breathing exercises.

Then **use the worksheet in your results email** to note which exercises shift your energy back to your natural nurturing, kind, and caring internal processing self.





If you're nodding your head, saying, "WOW!!! These results describe me eerily well! I was nodding along to every single part of the description."

And you're done with:

- Feeling disconnected from your intuition
- Bottled-up emotions stealing your energy
- Constantly feeling depleted and overwhelmed
- Prioritizing everyone's needs ahead of your own needs

THEN THE SOUL SHIFT BREATHWORK MEMBERSHIP WAS CREATED FOR YOU!

Imagine what you'd experience or create in your life if you could ...

- Uncover the courage to follow your desires.
- Actively live your life and not just be a passive bystander!
- Heal trauma and shift old patterns so you can finally move forward.
- Reconnect with your body and get in touch with your inner wisdom.
- Clear stuck energy and release underlying emotions that are draining you.
- Connect to your intuition and your soul at a higher level while tuning into a different frequency.

Go from feeling overwhelmed to feeling peaceful relief with the Soul Shift Breathwork Membership.

LEARN MORE

HERE'S MORE INFO ABOUT THE SOUL SHIFT BREATHWORK MEMBERSHIP



WHAT IS THE SOUL SHIFT BREATHWORK MEMBERSHIP?

AN ACCESSIBLE WAY TO PRACTICE SELF-CARE WITH MONTHLY LIVE GROUP BREATHWORK CLASSES FOR LESS THAN THE COST OF A TARGET RUN!

JOIN THE MEMBERSHIP AND YOU GET:

Exclusive Content:

- Monthly tarot reading videos
- Full Moon Oracle Spread and Journaling Workbooks
- New Moon Oracle Spread and Journaling Workbooks

Monthly Breathwork Classes:

- You can apply your credits to monthly online or in-person group breathwork classes or book multiple sessions in advance if you choose the quarterly or yearly option (and if you're in Houston, you can use your credits for restorative yoga, new moon, and full moon breathwork!)
- You can even trade in your group class credits for 1:1 private sessions!

Discounts:

- Get up to 33% OFF private services, group classes, or workshops
- Yearly subscribers save up to \$63 plus get instant access to book group breathwork classes!

PLUS surprise bonus content including:

- Healing breathwork audios
- Yearly subscribers get access to quarterly Soul-Shifting Workshops
- Workbooks with self-care exercises designed to help you tap into your self-healing abilities.
- Support: I'll be available by email for any questions regarding techniques and implementation.

LEARN MORE

HERE'S WHAT CLIENTS SAY ABOUT WORKING WITH ME

*"I reached another level of peace and tranquility, and the concept of breathwork changed for me. **Anyone looking to deepen their practice, or new to breathwork, or they've done a couple of classes, and they just want to connect more to some key concepts or techniques, this is for you!**"*

-Oana Dragan

*"It has been a life-changer for me! I have always had a hard time meditating and quieting my mind. **Thanks to Francisca's online courses and in-person sessions, Breathwork not only has been a great tool to help me meditate and get out of my mind, but it has had a deeper effect in my soul. It has given me the window to connect with my soul at a higher level and tune into a different frequency. Who would have thought that your breath could be this powerful!?"***

-Carmen Martinez

"Before I met Francisca I thought that breathwork was such a far reach for me, it felt like a subject that was overwhelming and I did not know where to start. It felt like there were so many techniques and I needed to know everything to start.

I loved the energy that Francisca radiates through her teachings, making me feel held and equipped to deal with my everyday stressors.

I highly recommend this to anyone wanting to up their self-care game!"

-Lilian Motta



[LEARN MORE](#)

HI THERE!

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. **YOU HAVE A UNIQUE WAY OF HEALING!**



I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!

The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days. And sometimes, you need to release all the anger, sadness, shame, guilt, and frustration to gain clarity, reconnect with your intuition, trust yourself, and feel stronger about moving forward in your life.

That's why I created the **SOUL SHIFT BREATHWORK MEMBERSHIP**, a magical breathwork & tarot membership to help you clear your energy, tap into an increased sense of peace, and reconnect with the wisdom of your soul. It's a safe container to fully surrender and release all those pent-up emotions draining your energy.

I CAN'T WAIT TO WALK ALONGSIDE YOU AS YOU JOURNEY THROUGH THE MEDICINE OF YOUR BREATH AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



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[\\$33 A MONTH](#)