



BODY MIND BREATH

# A MINI WORKBOOK FOR LASTING TRANSFORMATION

BY ASH MAGUIRE

# WELCOME

*Hi There!*

We all long for change that sticks. Yet most attempts at transformation—through mindset shifts, affirmations, or pushing harder—don't reach the root of why we feel stuck.

That's because healing requires more than one level of us. True and lasting transformation happens when we work with the Body, Mind, and Breath together:

- The Body stores old experiences and survival responses.
- The Mind creates meaning and stories around them.
- The Breath bridges the two, releasing what's held and restoring flow.

This workbook gives you a simple but powerful practice to integrate all three levels.

*Ash Maguire*

## ABOUT ME

Hi, I'm Ash,

I help women step out of repeating patterns, release old wounds, and reconnect with the wholeness they've always carried. My work blends coaching, somatic practices, and conscious breathwork to guide you through the body, mind, and breath — so you can feel safe, free, and fully yourself.

I've seen firsthand how life can feel fragmented when we live as separate parts — the body we ignore, the mind we overthink, the breath we barely notice. Through this workbook, I want to guide you back to yourself, helping you remember that you are whole, complete, and deeply loved — exactly as you are.

Let's step into wholeness together.

# HOW TO USE THIS WORKBOOK



- Set aside 15–20 minutes where you won't be disturbed.
- Have a journal and pen nearby.
- Move through each step in order: Body → Mind → Breath.
- Be gentle—there's no right or wrong way.
- Repeat often; each time you'll discover something new.

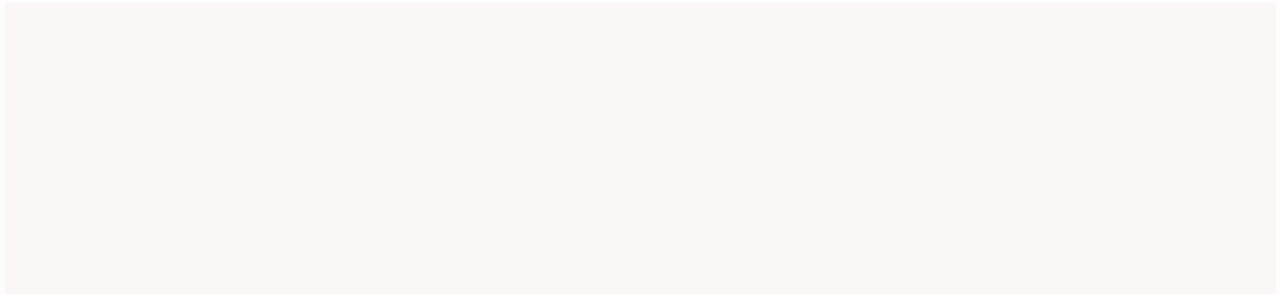
# SETTING INTENTION

*"What you mean when you do a thing will always determine the outcome." - Brenna Yovanoff*

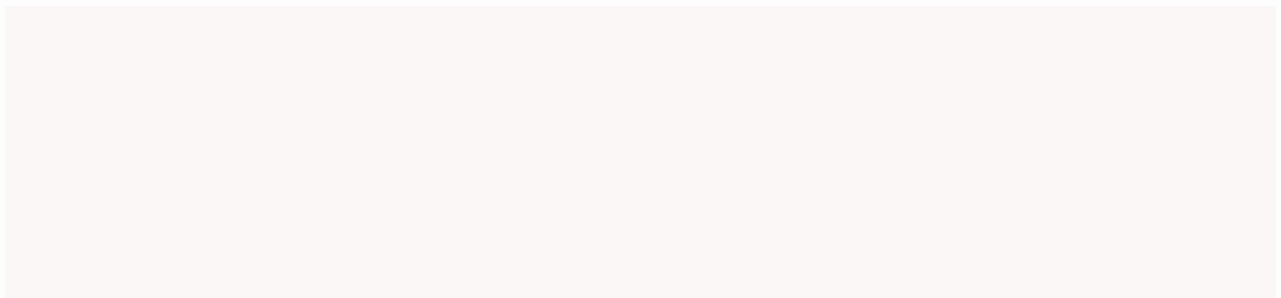
Use this space to capture your intention for this workbook and what you have noticed that has lead you here.

Here are some reflective questions to support you:

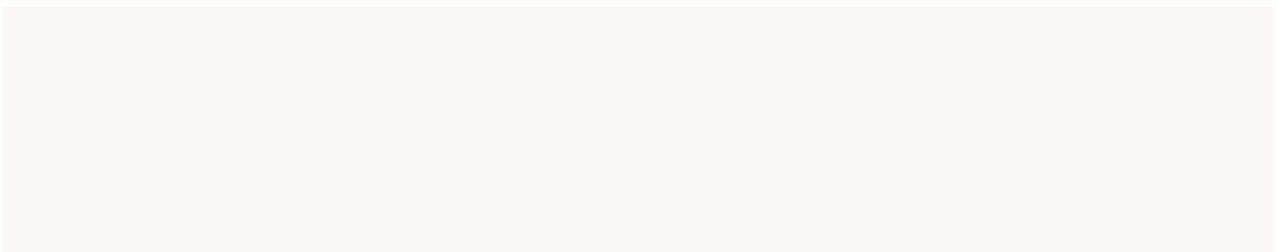
What do I most want to feel when my body, mind, and breath are in harmony?



What am I ready to invite or release in order to return to wholeness?



Now capture your intention for the way you want to live.



# STEP 1 – MIND: UNHOOK THE STORY

## ***Why it matters:***

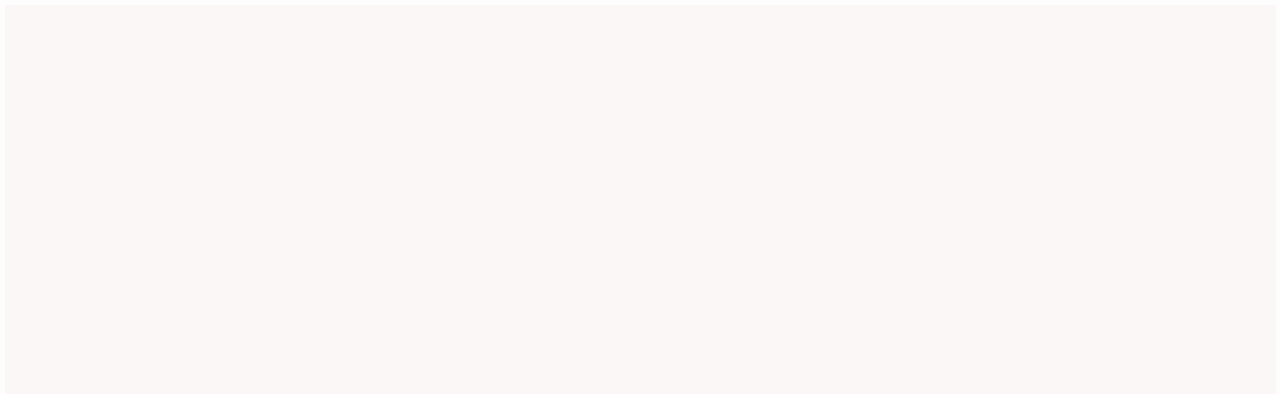
*The mind interprets sensations and events, weaving them into stories.*

*Often these are old survival narratives like “I’m not safe” or “I’m not enough.”*

*Transformation requires seeing them for what they are—past, not present—so that you feel free from old patterns.*

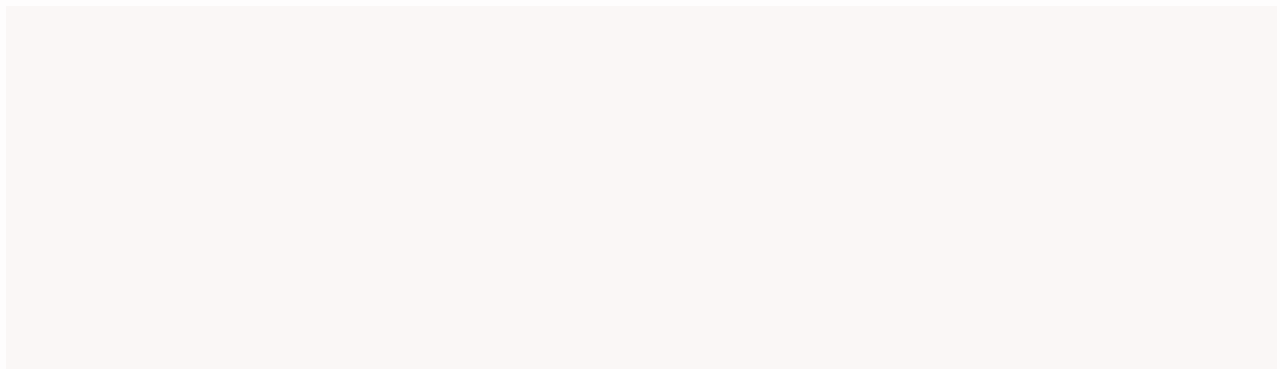
## **Practice:**

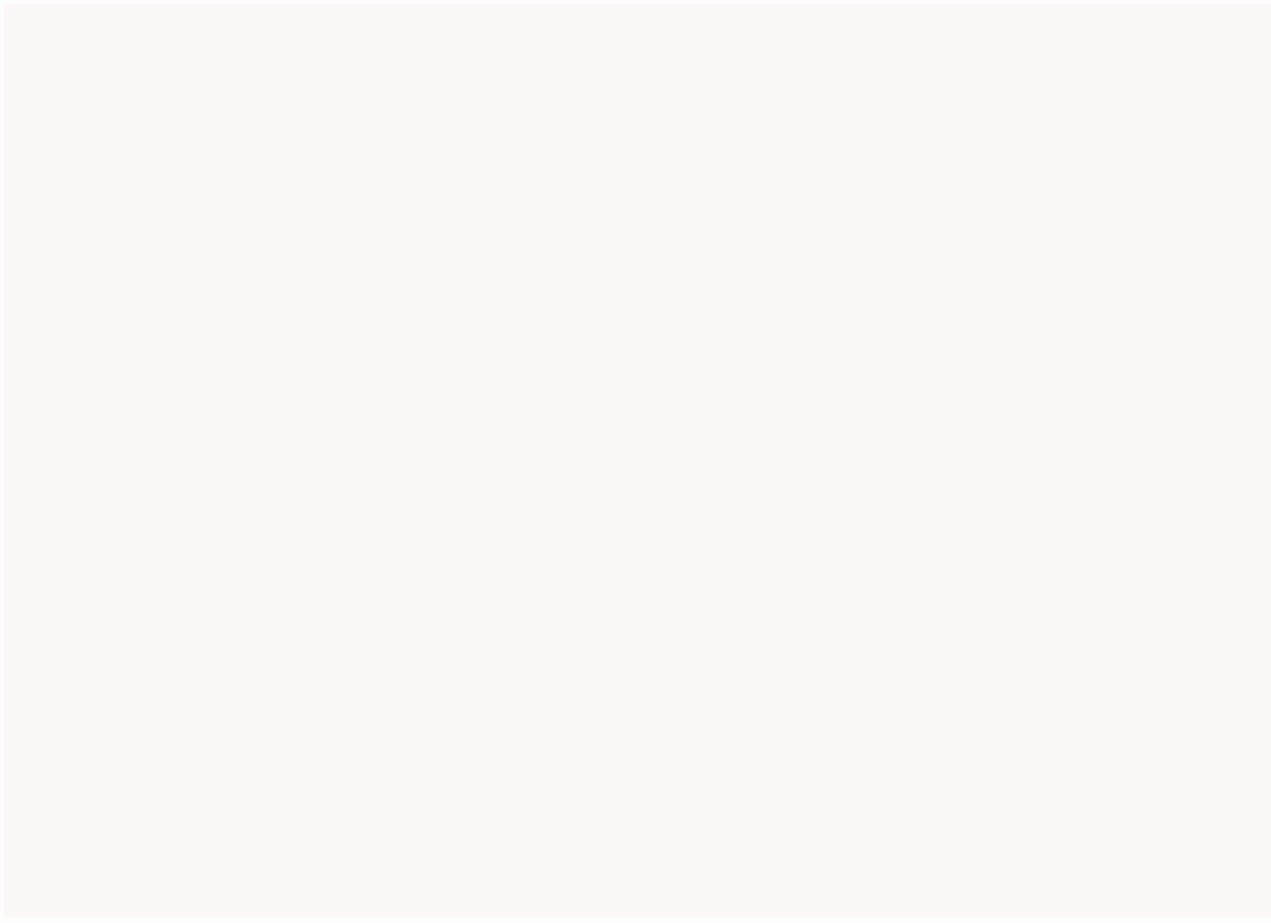
Write down one recurring thought or belief you notice.



What story do I keep telling myself?

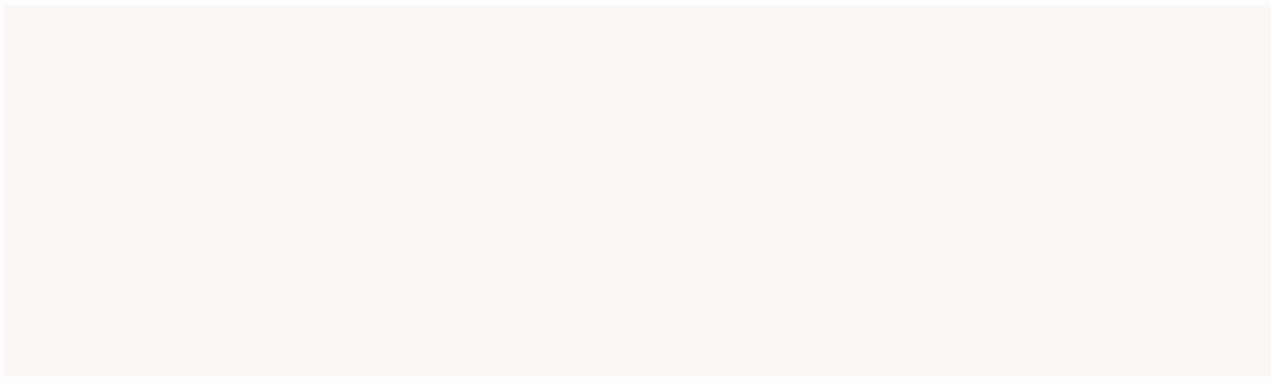
If I knew this is an old story, what might be possible right now? capture as much detail as you can





Read the above again and when you are finished say aloud, "This is a story from the past. It is not who I am today."

Notice how it feels. Capture it in one word:



## STEP 2 – BODY: FEEL WHAT'S HERE

### ***Why it matters:***

*The body holds memories, tension, and protective patterns. When we listen instead of push them away, the grip begins to soften.*

### **Practice:**

After capturing this old pattern:

Place one hand on your heart or belly.

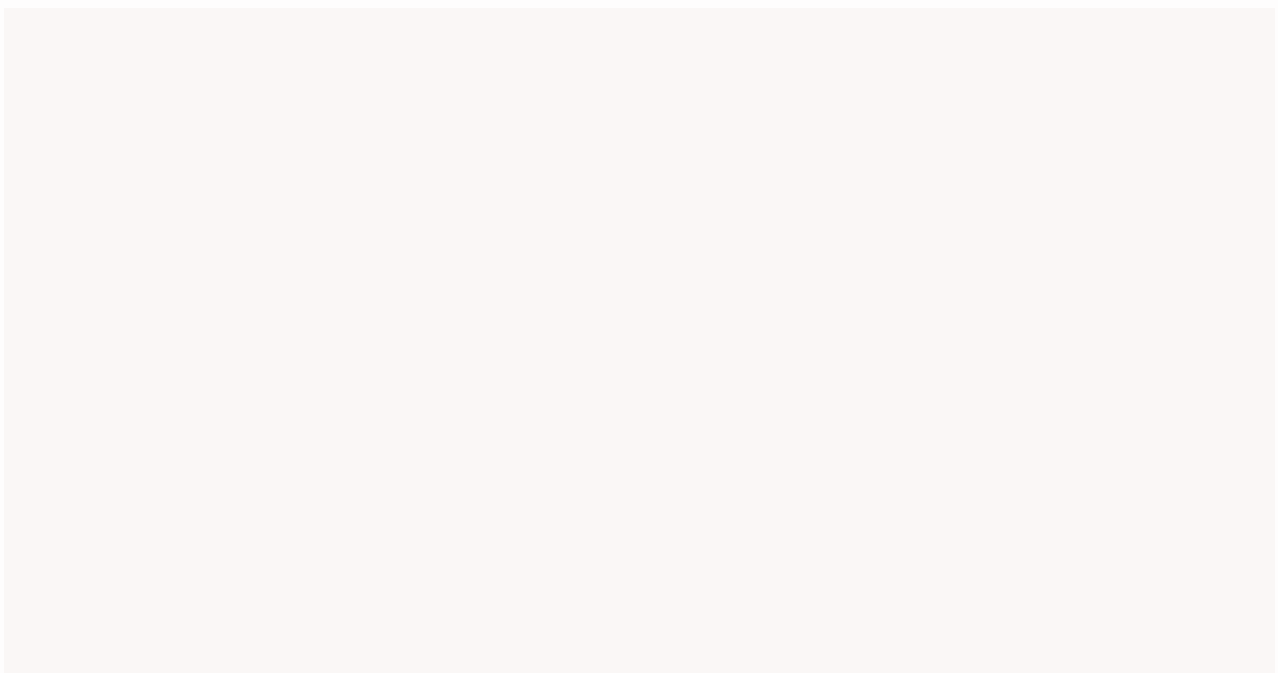
Close your eyes.

Notice sensations: tightness, warmth, heaviness, tingling, or even numbness, in the body.

Where does this story live in your cells?

Breathe gently into that area. Just notice without needing to fix anything.

Capture the sensation:

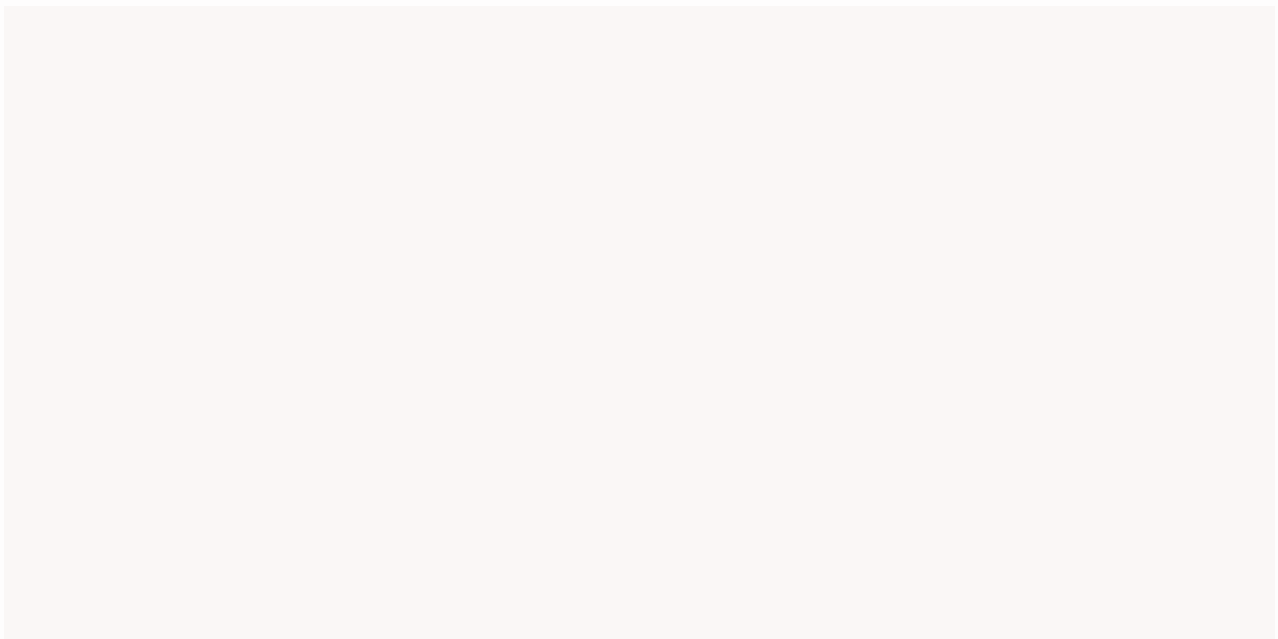


## STEP 2 – BODY: FEEL WHAT'S HERE

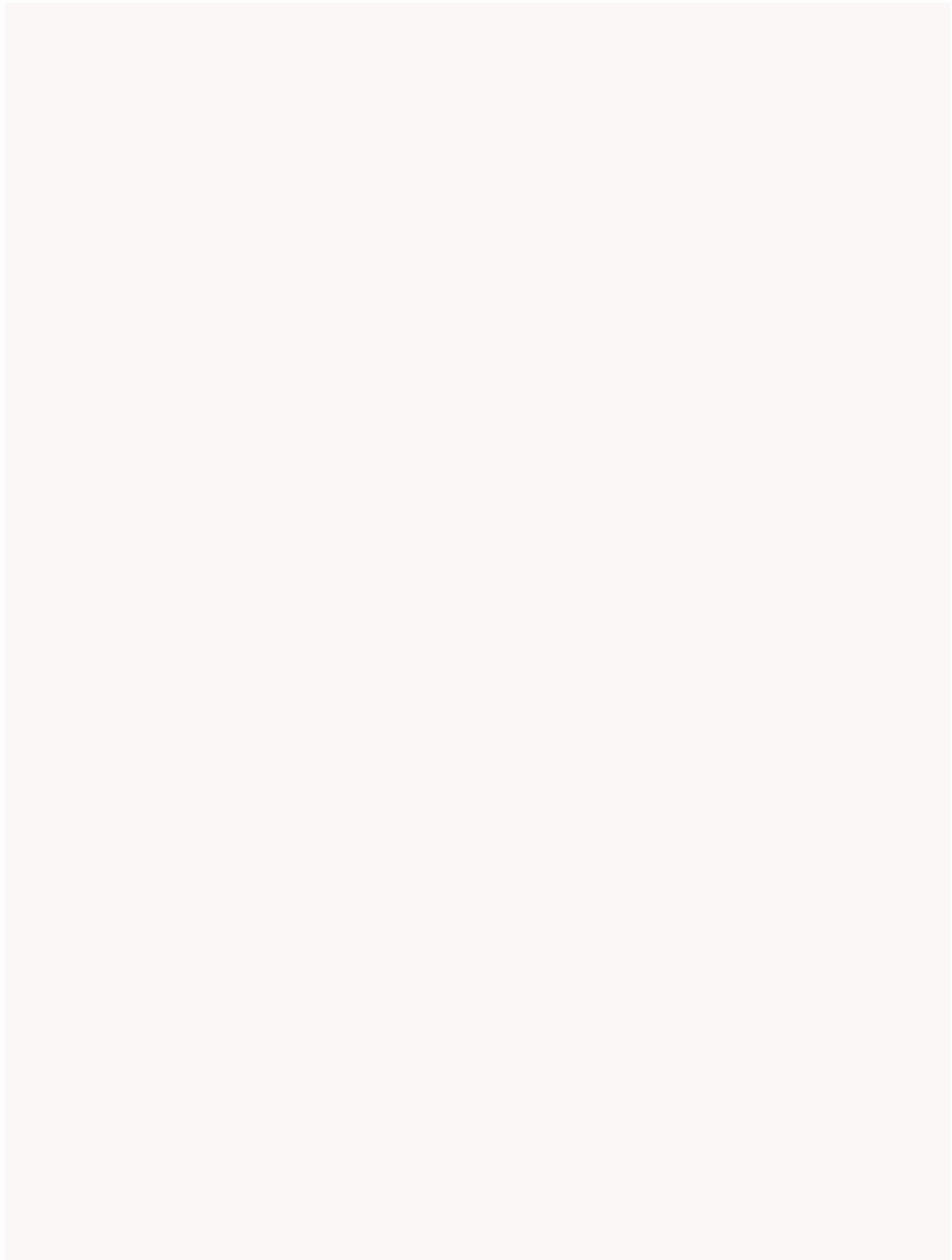
If this sensation had a voice, what would it say?

A large, empty rectangular box with a light beige background, intended for the user to write their response to the question above.

What does this part of me need most right now—comfort, rest, reassurance, movement? - Give yourself what it needs.

A large, empty rectangular box with a light beige background, intended for the user to write their response to the question above.

# STEP 2 - BODY: FEEL WHAT'S HERE



## STEP 3 – BREATH: RELEASE & REWIRE

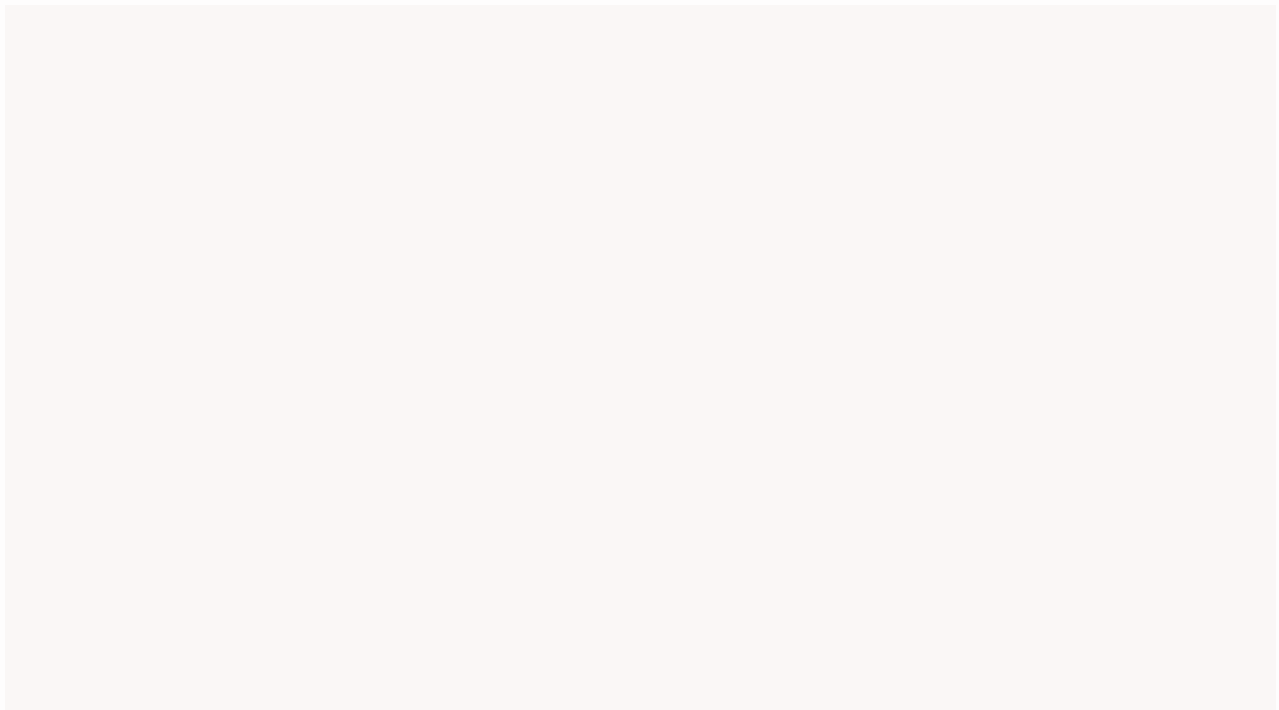
### ***Why it matters:***

*Breath is the bridge between body and mind. Conscious breathing helps unlock stored tension, regulate the nervous system, and open space for new possibilities.*

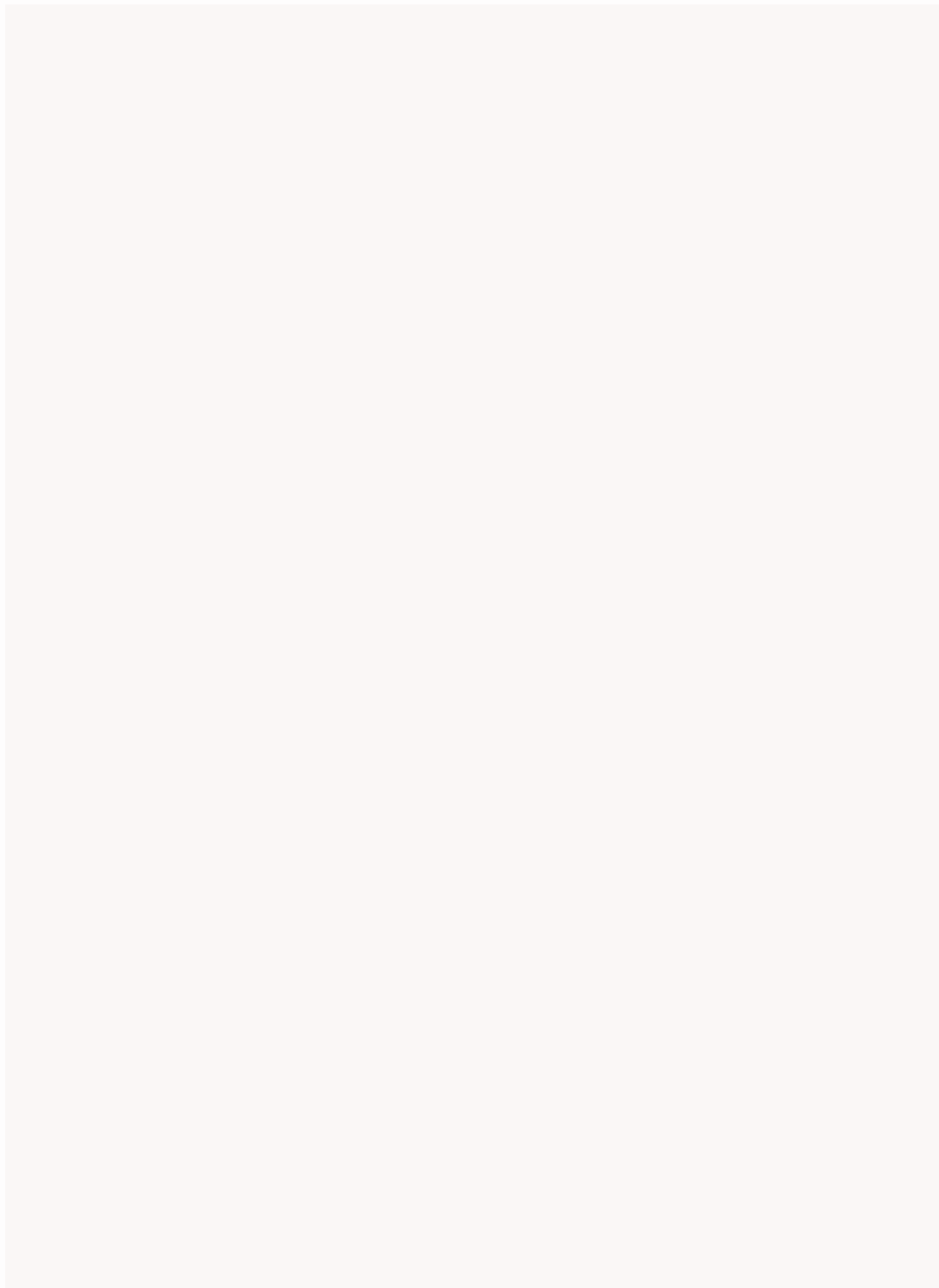
### **Practice (2–3 minutes):**

1. Focus on the space in your Body where the story is held.
2. Inhale gently through your mouth or nose.
3. Exhale softly, like a sigh, without pause.
4. Keep the breath flowing in a gentle circle: in → out → in → out.
5. If emotions or sensations rise, just let them move through.
6. **Repeat:** I am not my past, I am only presence, I let go of all old wounds and forgive.

After your practice, capture what you notice: Before, during and after the practice.



# STEP 3 - BREATH: RELEASE & REWIRE



## STEP 4 – INTEGRATION PRACTICE

### ***Why it matters:***

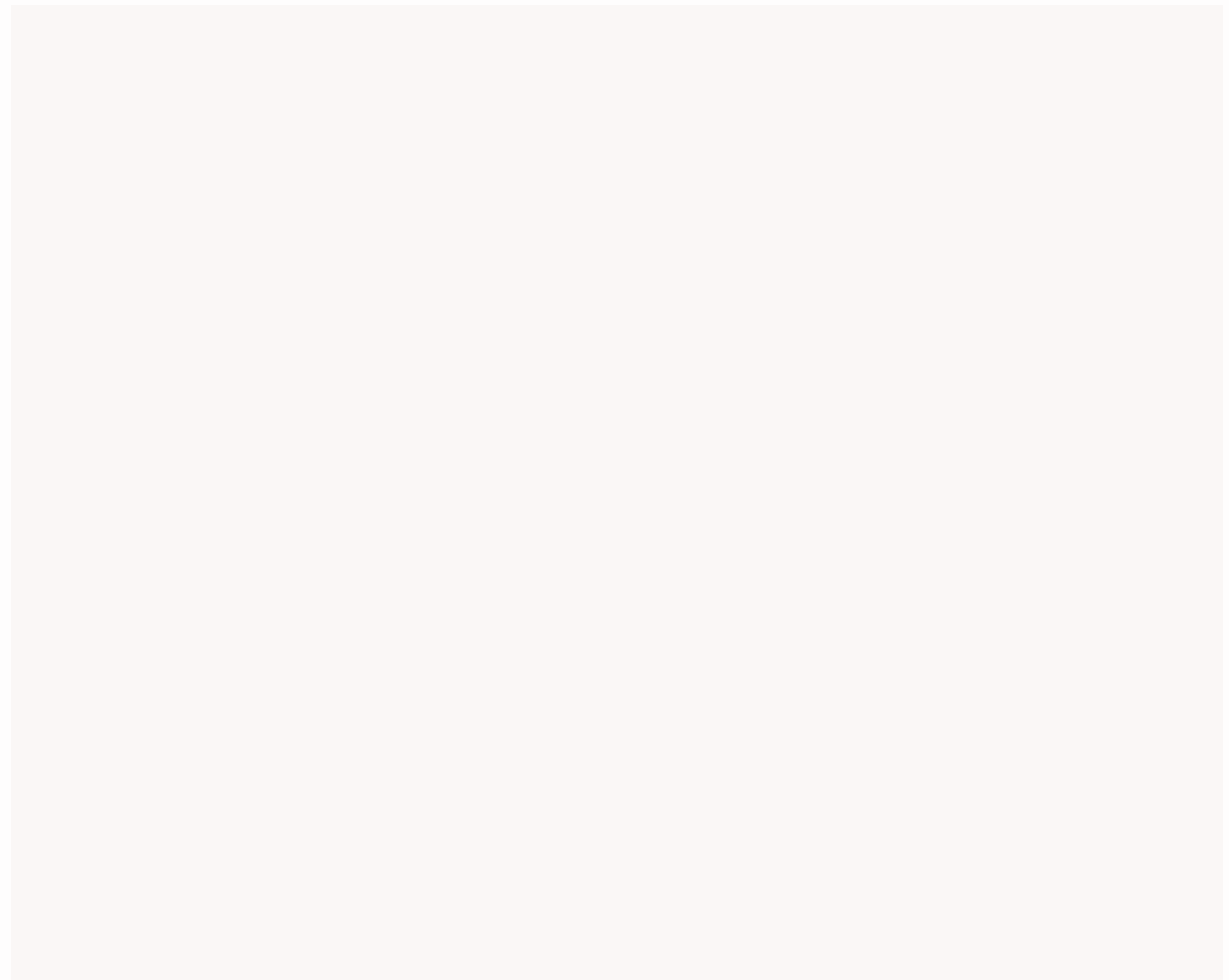
*Body, Mind and Breath flow as one. Connecting these 3 parts of ourselves creating a complete environment for deep healing.*

### **Now bring the three together:**

Mind: Write → Name the story.

Body: Feel → Name the sensation.

Breath: Breathe → Release what no longer needs to be held- Body, Mind and Breath



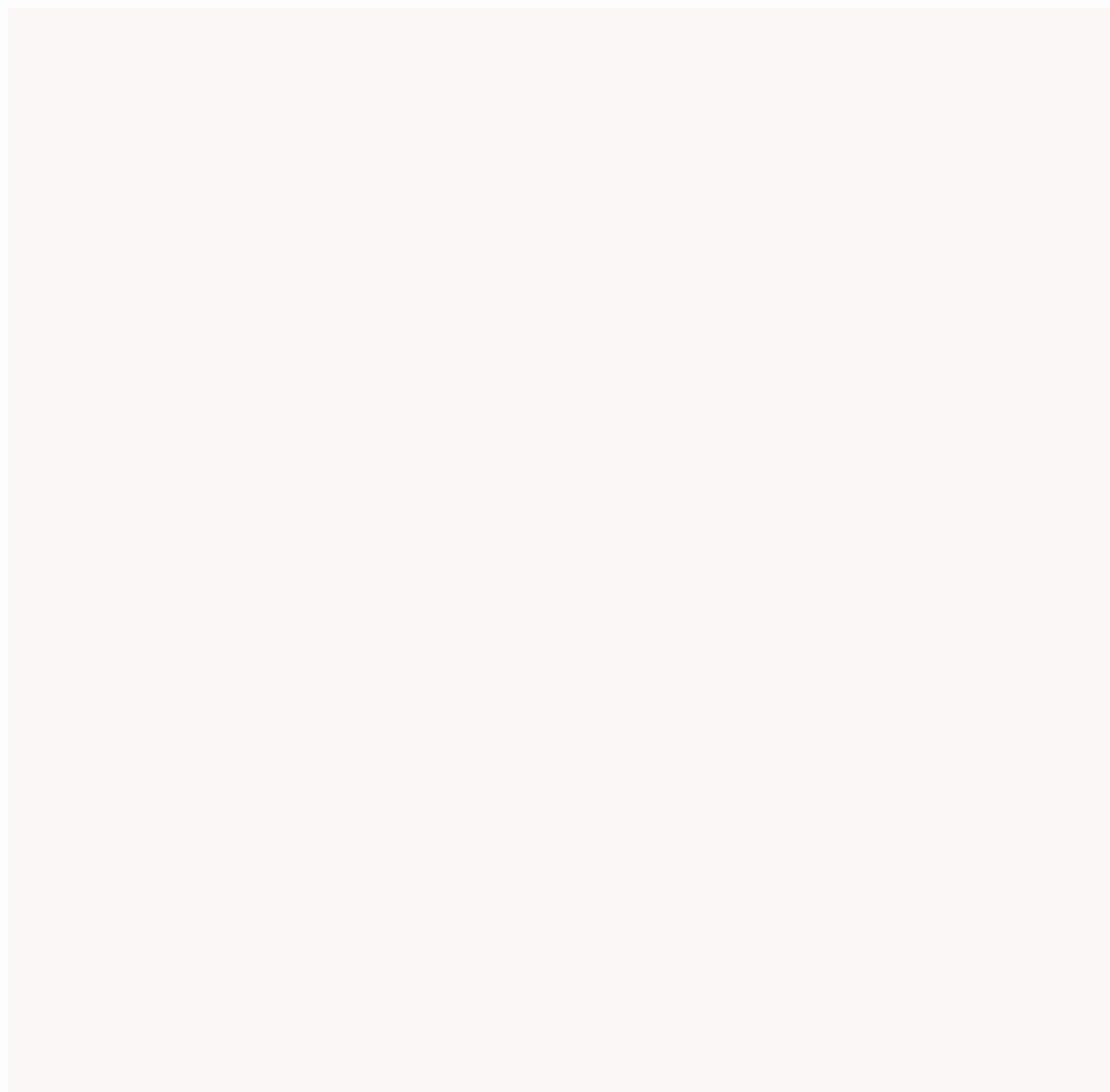
## STEP 4 – INTEGRATION PRACTICE

### ***Why it matters:***

*Body, Mind and Breath flow as one. Connecting these 3 parts of ourselves creating a complete environment for deep healing.*

### **Closing Reflection:**

What is one thing I discovered about myself today?



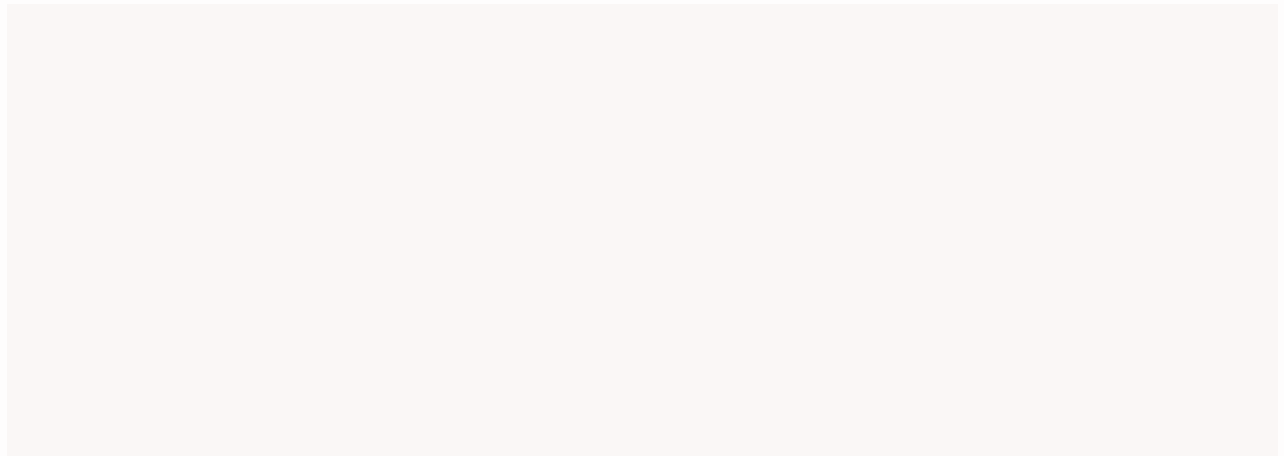
## STEP 4 – INTEGRATION PRACTICE

### ***Why it matters:***

*Body, Mind and Breath flow as one. Connecting these 3 parts of ourselves creating a complete environment for deep healing.*

### **Closing Reflection:**

How can I carry this awareness into my daily life?



### **Tips for Ongoing Practice:**

Small is powerful. Even 5 minutes with body, mind, and breath can create a shift.

Repeat often. Each time, different layers reveal themselves.

Be compassionate. Old patterns were created to protect you; you are gently outgrowing them.



TRANSFORMATION IS NOT ABOUT  
BECOMING SOMEONE NEW—IT'S ABOUT  
REMEMBERING WHO YOU ALREADY ARE  
BENEATH THE OLD STORIES.

WHEN YOU MEET YOURSELF ON ALL  
THREE LEVELS—BODY, MIND, BREATH—  
YOU CREATE SAFETY, SPACE, AND THE  
FREEDOM TO LIVE FULLY

🌿 MAY THIS PRACTICE BRING YOU  
CLOSER TO YOURSELF, AND OPEN THE  
DOORWAY TO LASTING  
TRANSFORMATION.

To see if we can work together to find a path that works  
for your unique situation, click on the button below to  
apply for a free consultation.

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