



JON ORSINI
Breathwork & Meditation Guide
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BREATHWORK & MEDITATION

Jon Orsini

is a certified breathwork guide, meditation and mindful archery instructor on the faculty at Kripalu Center for Yoga and Health.

He began guiding after many years as a multiple award winning Broadway and film actor.

Jon's journey with mindfulness started in his first year of college when he began experiencing panic attacks...

Breathwork and Meditation became a pragmatic, purposeful, direct way to gain personal insight, clear stuck energy and retrain breathing patterns to experience lasting presence, awareness and calm.

Jon's approach to mindfulness is simple, effective and accessible. He removes all pretense and formality to invite a sense of ease, calm, healing and connection.

Jon's Offerings:

Breathing for Calm

Centering

30-90 minutes

A gentle, meditative practice to relieve stress, reduce anxiety and create mental clarity. Naturally improve focus, sleep and digestion.

Guided Meditation

Indoor/Outdoor, 30-60 minutes

Explore your inner and outer world with deep connection and attuned awareness.

Simple, effective and accessible.

Somatic Breathwork

Energy Clearing

60-90 minutes

Supported by music, Somatic Breathwork guides us to be deeply in touch with our energetic body, helping to clear stuck, stagnant energy, accumulated stress and anxiety - allowing us to release deeply held patterns that no longer serve us and arrive fully in the present moment, welcoming new ways of being.

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*In Person or Zoom

*Mix and Match any experience

TESTIMONIALS:

"This was my first breathwork session and I wasn't sure what I was getting into. Jon's guidance, insight and ability to hold space were profound. I tapped into parts of myself I hadn't experienced before and felt safe to do so. Jon's authenticity allows for this work to blossom. I'll be going back again and again, diving deeper."

Michael M.

"I've been practicing yoga for decades and this was more relaxing than any workshop I've attended."

Rebecca S.

"I'm a teacher out on disability for anxiety. I'm feeling safe and centered in my body for the first time since leaving work."

Thank you."

Kripalu Guest

"What a profound experience. It felt like I was calling forth and releasing something that I've never been able to access otherwise."

Josh T.

"Jon is a seeker himself and I could feel his willingness to be on this journey with me. It was an incredibly powerful experience and I'm deeply grateful."

Cady Huffman

(Tony Award winning actress)

"Jon's somatic breathwork session was transformative. I'm leaving with a profound sense of peace and calm... to surrender more and show up authentically in every aspect of my life."

Sophie G.

"One of the best guided meditations I have ever experienced. Jon exudes anti-sanctimony making the practice calming and accessible."

Ethan M.

"Jon's breathwork session was a deeply healing experience. His tone, use of music and gentle guidance created a powerful and safe space to explore and let go. I highly recommend this for actors and artists as well that are feeling stuck in their craft."

Stephen Guarino

(3 time Emmy nominated actor)

"It almost felt like I was lucid dreaming. I am ready to take action on the blocks I have for my fullest expressions of success."

Jess K.

"I've never done anything like this before and I absolutely loved it. I have more clarity on life decisions."

Josh S.

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Reach out any time with questions or for more info!

Much Love,
Jon

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