

# Breathe Into Being: Somatic Breathwork Group Release & Reset

DATE: Monday, September 1, 2025  
LOCATION: Edinburgh, Scotland, GB

## Event Description

Breathe Into Being: Somatic Breathwork Group Release & Reset is a premier conferences event in Edinburgh. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** conferences

**Importance Rank:** 31/100

**Expected Attendance:** 117 people

**Event ID:** GRvY9ffmzNN8oPsX5Q

## Hotel Demand Indicators

**ADR Impact Index:** 4.1x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 30 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 47 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*