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TRANSFORMATIONAL BREATH

LEARN TO SELF BREATHE

A WEEKEND OF TRANSFORMATION

Breath
Release
Empowerment
Alignment
Thanksgiving
Healing

Learn the self-healing technique of Transformational Breath and combine the power of the breath with exercises and skills to release, heal and renew in celebration of the New You. Each breath session has a specific intent: Release of resentments and anger; forgiveness of self and others; integration and unification of self; to experience and express more JOY. Each breath session is tied to an exercise that will assist the participant in preparing mentally and emotionally for the breath session.

This weekend workshop can be any combination of Friday, Saturday and Sunday. The fee is \$175.00 per person and requires a \$75.00 deposit, of which \$50.00 is nonrefundable. A minimum commitment of 12 to 15 people is required, with a maximum of 20. It takes 3 to 5 facilitated breath sessions to learn to breathe on your own. This workshop offers 4 sessions, enabling most people to self breathe.