

LIVE IN-PERSON

Transformational Breath® Introductory Workshop



This Introductory Workshop shares with you the benefits, the science, and the powerful healing of Transformational Breath®, a self-healing technique that helps people to align and optimize physical, emotional, mental and spiritual well-being.

**THE BREATH
OF NEW LIFE**
RELIEF TODAY. TRANSFORMATION FOREVER.

Transformational Breath® Introductory Workshop

Monthly, 3rd Saturday

Next Workshop : Saturday May 20th,

1:00 – 3:00 pm Pacific Time

Event Location: The Temecula Yoga
Collective,

26780 Ynez Ct., Suite B

Temecula, California, USA

Session Cost: \$30

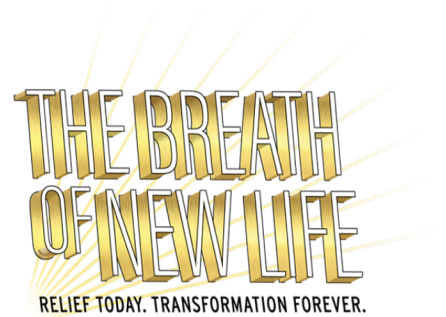
This Introductory Workshop shares with you the benefits, the science, and the powerful healing of a proven method we apply to ensure the effectiveness of our work: Transformational Breath®.

Transformational Breath® is a self-healing technique that helps people access the full potential of their breathing system in order to align and optimize physical, emotional, mental and spiritual well-being.

We each have a unique breathing pattern that we develop as a result of our life experiences. Your breathing pattern results in restrictions and loss of breath flow to some areas of your respiratory system. These impact your overall well-being in a number of ways, which create restrictions and loss of flow in some areas of your life.

At this workshop we delve into the science of these breathing patterns and enable you to discover that how you breath is deeply connected to how you feel, and how you show up in life. When we begin to open up to more flow of breath, we open up to more flow of life.

As we use this Transformational Breath® method, we gently support you to explore the self-healing capacity of your own breath, taking you on a journey deep inside, to a place of deep relaxation and calmness.



The workshop will feature touch, sound and movement, as we learn how to connect our breath with our conscious and subconscious mind in a comfortable, safe environment.

This is your opportunity to close your eyes, relax and be gently guided through an experience of learning and sensory experience.

In this workshop, you will learn a pattern of conscious breathing that is natural, safe and healthy.

Accessing a full diaphragmatic breath helps you:

- Feel completely energized;

- Let go of emotional baggage;

- Release anxiety;

- Become aware of emotions halting your personal growth;

- Generate feelings of calm, feel lighter and more focused;

- Experience deeply nourishing relaxation;

- Improve digestion and boost circulation;

- Gain clarity, inspiration and connection with your intuition;

Based on thousands of people who have experienced these proven methods, we expect as a result of this session you will feel lighter, freer and much more relaxed.

For more information and to book please contact us at Mary@TheBreathOfNewLife.com

Session Cost: \$30

To Register for A Session,
Close This **More info** Page and
CLICK the **Buy Tickets** Button.