

ONLINE WORLDWIDE

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

A Transformational Guided Breathing Group Session



Our Weekly Session moves people forward in their healing, relaxation and self care. Suitable for everyone.

A Transformational Guided Breathing Group Session
Tuesdays, 10:00 am Pacific Time

Session Cost: \$22 US

This Guided Breathing Group Session is designed to move you forward each week in your healing, relaxation and self care. Our guided sessions are suitable for everyone regardless of age, physical fitness or mobility.

Are you new to this class? In order for you to get the most benefit, we offer you, ok we actually require you, to schedule a free Conversation with Mary before your first class. This prepares you and helps you set up for this powerful session.

CLICK here to schedule: <https://calendly.com/mary-blue-door/30min>

This Guided Breathing Group Session will introduce you to the benefits and the powerful healing of the proven methods we apply to ensure the effectiveness of our work : Transformational Breath® and SimplyAlign™.

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.

SimplyAlign™ allows us to identify our limiting beliefs and self sabotaging patterns and replace them with positive, uplifting affirmations that support us in creating the life we truly desire.

As we use these proven methods, 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 session 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.

In this session, 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

Cost: \$ 22.00 US (See below, if this is your first session)

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

Is this your first session?:

If this is your first session, we require you to schedule a **FREE Conversation with Mary**, which helps you to get set up and prepared.

CLICK here to schedule your free **Conversation with Mary**:

<https://calendly.com/thebreathofnewlife/conversation-with-mary>