

# Conscious Connected Breath In Depth Series

## Series of 10 Private Group Breath Sessions

Tuesdays

6-9pm

Jan 1,15,22,29, Feb

5,12,19, March 5,12,26

Red Deer, AB

[www.breathedeeplylaughloudly.com](http://www.breathedeeplylaughloudly.com)

This is an In Depth Series of 10 Conscious Connected Breath Sessions.

There will be additional explorations into Conscious Communication and other Active Mediations. As well as a Hands On Facilitated Breath Session for each session.

Most of us are born with the ability to breathe openly and fully; however, as we go through life's waves, we begin to control and restrict our breathing which has a direct

effect on our consciousness and vitality. We invite you to re-establish the ability to breathe deeply, with an open breath leading to a compassionate heart and peaceful mind.

With this Journey of 10 sessions with the same group of people we will dive into the Depths of love, our hearts and transformation.

Breath Facilitators and Trainers  
Dale Joyal and Nicole Neufeld

Investment: \$500.00