

Conscious Connected Breath In Depth Series

Series of 5 Private Group Breath Sessions

Mondays

6-9pm

Jan 22, 29, Feb 5,

March 5 and 12

Red Deer, AB

www.breathedeeplylaughloudly.com

This is an In Depth Series of 5 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 5 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: \$250.00