

# Breathe

## INTEGRATIVE BREATHWORK WITH DALE AND NICOLE

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.

**Change your Breath, Change your Life**

- **Increase your Energy**
- **Detoxify, Restore, Balance, and Oxygenate cells**
- **Resolve Repressed Emotions and Release Negativity**
- **Accelerate Spiritual Growth and Expand Awareness**

**Join us on Dec 16th from 2-5 pm**

@ Centre for Spiritual Living  
6315 Horn Street, Red Deer Alberta

**Investment : \$40.00**

**Pre-register: 403.506.2132**

**dalekjoyal@me.com**



In this 3 hour journey, you will experience how a full breath can profoundly transform your life. Everyone will have the opportunity to do a full hour of Integrative Breathing with hands-on facilitation.