

LOVE



LAUGH

## **Love Yourself Completely Light Up Your Life Laugh For No Reason**

### **Love, Light & Laughter - Integrative Breath Weekend With Dale and Nicole Joyal**

- Fall deeply and completely in Love with yourself
- Light up your Life by communicating and connecting with others at a deep heart level
- Learn to Laugh easily and let go of years of stress

### **Join us September 14-15, 2019 Edson, AB**

- Weekend includes 3 facilitated Integrative Breath Sessions
- Guided Active Meditation and Communication Exercises  
Limited to 8 participants. Preregistration Required

**Investment :** \$475 Includes Individual Follow up Coaching Call  
Change Your Breath, Change your Life

**More Info:** [www.breathedeeplylaughloudly.com](http://www.breathedeeplylaughloudly.com)

**Etransfer to Register:** [dalekjoyal@me.com](mailto:dalekjoyal@me.com)

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