

breathe



Integrative Breath Workshop

With Dale and Nicole

Integrative Breath Workshop

Everyone will have the opportunity to do a full hour of Integrative Breathing with hands-on facilitation.

Integrative Breath will:

- give you energy
- detoxify, restore, balance and oxygenate the cells
- resolve repressed emotions, releasing negativity
- accelerate spiritual growth and expand awareness

Come Join Us For This Breath Transformation

When: Nov 11, 2017

Where: Centre for Spiritual Living
6315 Horn Street, Red Deer Alberta

Time: 1:00 - 4:00 pm

Investment: \$40

Preregistration Required: 403-506-2132

dalekjoyal@me.com

www.breathedeeplylaughloudly.com

Its time to Breath!

Change your Breath, Change your Life