

**Integrative Breath Immersion Retreat - Sept 14 - 18, 2020**  
**Intimate setting limited to 6 participants**  
**Nestled in nature Luxurious Ocean Front accommodation**  
**Hubbards, Nova Scotia**

**Pre-retreat:**

- **Private FB group to connect**
- **Individual Coaching Appointment with Dale and Nicole**

**Retreat Includes:**

- **5 Facilitated Breath Sessions**
- **Yoga and Core Body workouts lead by Nicole**
- **Kundalini Yoga lead by Dale**
- **Laughter Yoga**
- **Active Guided Meditations**
- **Conscious Communication Exercises**
- **Cacao Ceremony**
- **60 Min Massage at Retreat**
- **Wholesome, Home cooked Cuisine**
- **Private Room with Queen size bed**
- **Ample time to rest, relax, unwind, spend time in nature and play**

**Post Retreat:**

- **Individual Coaching Call with Dale and Nicole**
- **Ongoing private FB group to stay connected**

**Investment: \$1800 All Inclusive Retreat**

**Payment Plans Available**

**Dale and Nicole**

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