

Breathing BEYOND Grief™



A deeply personal, experiential 5-session group program to help you process and move through grief in a healthy, supported way that brings joy back to life.

Breathing BEYOND Grief™ combines the power of *Breathwork* and the *Let, Listen & Love* technique with personal written communications. This program is designed specifically to help you, the griever, reignite your physical vitality, mental clarity and emotional well-being while creating a deeper connection to peace.

Unresolved grief can cause physical, mental and emotional upheaval. It directly affects our capacity for joy and even drives our decisions. When we allow our losses and grief to go unattended and unresolved, these emotions build inside our body and create a strong emotional charge that drains us of our energy. This is a result of expending a large amount of energy on “being strong”, “getting on with things” or “holding it all together”. While this might work in the short term, the long term outcome of not resolving grief or trauma can lead to general anxiety, anger outbursts, depression or illness.

Resolving your grief results in you:

freeing yourself from past hurts and traumas;
learning to respond versus react to our triggers;
feeling and being more empowered; and
creating a deeper connection to peace.

**THE BREATH
OF NEW LIFE**
RELIEF TODAY. TRANSFORMATION FOREVER.

5-Week Group Program In-Person.
Wednesdays 11 am-1 :30 pm
April 19th, April 26th, May 3rd,
May 10th, May 17th.

This program deals with all types of grief:

- Death of a loved one
- Loss of a job
- Divorce
- End of a relationship
- Retirement
- Relocation
- Loss of a business
- Loss of a pet
- Loss of self from abuse
- Loss of freedom (from COVID quarantine, post-partum life, new responsibilities, ...)
- Betrayal
- Abandonment
- A broken dream

Everyone else wants you to feel better, but no one shows you how... until now!

Because you are ready to move beyond your grief or trauma, we are ready to support you with this powerfully transforming program. Contact us today to schedule your private sessions with Mary in **Breathing BEYOND Grief™**.

Email Mary@TheBreathOfNewLife.com
Direct Cell 951.375.6425
5-Session Program Cost: \$495.00

After Experiencing Breathing BEYOND Grief™ What Do People Say?



"This 5-session program was more helpful to me than 1 year of talk therapy."

Lindsay B., Temecula, CA



"Before I started Breathing BEYOND Grief™ with Mary, I was feeling devastated, depressed, and lost. Working with Mary truly saved me from spiraling into despair and deeper depression. As I worked through this deeply personal program I was able to get back in touch with myself, and find my inner strength. Today I am stronger, more confident, empowered, and more hopeful than ever before. I believe Mary has truly saved my life."

Sherry T., Temecula, CA