

## EVENT SPOTLIGHT

### Take Charge of Your Emotional Triggers



Set Yourself Free! Learn how to navigate & respond to your emotional triggers. Get back in charge instead of being driven by the charge!

We all get triggered. We all have buttons that people love to push. These triggers are a consequence of you unhealed emotional wounds.

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

### Take Charge of Your Emotional Triggers

Thursday, April 13th, 6-8:30 Pm  
Private Residence in Murrieta  
Address will be provided upon  
registration

Workshop Cost: \$49

Set Yourself Free! Learn how to navigate & respond to your emotional triggers. Get back in charge instead of being driven by the charge!

We all get triggered. We all have buttons that people love to push. These triggers are a consequence of you unhealed emotional wounds.

In those moments of being triggered, when we react and "lose our cool" or "blow off steam" we are not in charge. We are being driven by the charge of our unhealed emotional wounds.

To move from these types reaction to responding we have to have a shift in perspective. We have to develop present moment awareness. In this Special Workshop you will learn how to

- create present moment awareness
- see your triggers as opportunities to heal unresolved trauma in your body
- work with a simple 3 breath process to respond to your triggers.

In addition, you will experience an Emotional Empowerment Process to clear a trigger to its causal wound. This workshop segment will be recorded so that you can replay at home as often as you would like to continue using the Emotional Empowerment Process when ever triggers arise for you.



We will conclude our time together with a Transformational Breath® Session. This breathwork is a self-healing technique that helps you access your full potential of your breathing system in order to align and optimize physical, emotional, mental and spiritual well-being.

As we use these proven methods, we gently support you to explore the self-healing capacity of your own breath, taking you on a journey deep inside, to a place of deep relaxation and calmness. This work supports you in clearing and integrating deep, unresolved repressions and suppression creating even more space for Present Moment Awareness

This is your opportunity to close your eyes, relax and be gently guided through an experience of learning and sensory experience.

Based on thousands of people who have experienced these proven methods, we expect as a result of this session you will feel lighter, freer and much more relaxed.

For more information and to book please contact us at [Mary@TheBreathOfNewLife.com](mailto:Mary@TheBreathOfNewLife.com). You can also register on Venmo (@Mary-ODwyer-2) and put "Take Charge of you Emotional Triggers" on the memo line.

Bring 2 large pillows, a blanket, water to drink and a journal.

Workshop Cost: \$49.00

To Register for A Session,  
Close This **More info** Page and  
CLICK the **Buy Tickets** Button.