

EVENT SPOTLIGHT



Breathing BEYOND Grief™ - Small Group Program



Breathing Beyond Grief™ IN-PERSON & ONLINE

Everyone wants us to feel better, but no one teaches us how..... until now!

Discover Healing & Renewal with our 5- session small group Breathing BEYOND Grief™ program.

Breathing BEYOND Grief™ - Small Group Program

Tuesdays from 11:30- 2:00 pm PST
Oct. 17, Oct. 24th, Oct. 31st, Nov. 7th
& Nov 14th

Event Location: Zoom OR

Private Studio in Murrieta CA

Address OR zoom link given upon
registration

Session Cost : \$495 USD

Save \$45 when you register before
Sept. 30th

Life has a way of presenting us with challenges, like the pain of loss and the weight of grief. But what if there was a path to not just healing, but thriving beyond these struggles? Introducing Breathing BEYOND Grief™, a transformative program that combines Breathwork, Emotional Empowerment, and Personal Written Communications to guide you towards a brighter, more empowered future.

Are you ready to regain your vitality, find mental clarity, and nurture your emotional well-being? Breathing BEYOND Grief™ is here to help you reconnect with your inner peace, even in the face of life's most trying moments.

This program is uniquely crafted to address a wide spectrum of grief experiences:

- The loss of a loved one
- The end of a relationship or marriage
- Challenges like job loss, retirement, or relocation
- Overcoming personal betrayals and abandonment
- Navigating the intricate emotions of empty nesting and estrangement
- Coping with shattered dreams and loss of self



We understand that unresolved grief can cast a shadow over every aspect of life, affecting your joy and decision-making. But worry not, because Breathing BEYOND Grief™ is here to offer a helping hand, guiding you through a journey of healing in a safe and supportive environment.

Here's what you can expect from the program:

- **Release and Reclaim:** Bid farewell to lingering pain and trauma, freeing yourself to embrace a brighter future.
- **Empowerment:** Learn to respond rather than react to triggers, gaining control over your emotions.
- **Renewed Strength:** Experience a newfound sense of empowerment, nurturing your emotional resilience.
- **Deepened Peace:** Forge a stronger connection with inner peace, allowing it to guide you through life's challenges.

This is your invitation to join a select group of individuals - only 3 spots available - for our 5-week Breathing BEYOND Grief™ program. We'll meet on Tuesdays from 11:30 am to 2:00 pm, beginning on Oct. 17th. Subsequent sessions are scheduled for Oct. 24th, Oct. 31st, Nov. 7th and Nov. 14th.

In between sessions, expect short yet impactful homework assignments. These assignments are designed to reinforce your growth and progress.

To ensure your comfort, please come dressed in cozy attire and bring along 2 large pillows and a blanket. The program will be hosted at a private studio in Murrieta CA and also be accessible via zoom. The zoom link and the full address will be shared upon payment.

Ready to embark on this transformative journey? Secure your spot now and take advantage of our Early Bird offer of \$450 (regular price: \$495), available until midnight on Sept 30thst.

Register now via this link:

<https://www.eventbrite.com/e/discover-healing-and-renewal-with-breathing-beyond-grieffm-tickets-708567754227>

Or for a fee-free option, Venmo your payment of \$450 to @Mary-Odwyer-2 and include "BBG Group" in the memo line.

Don't let grief hold you back any longer. Embrace the opportunity to heal, grow, and flourish with Breathing BEYOND Grief™.

Wishing you peace and empowerment.

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