

EVENT SPOTLIGHT

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

Retrieve and Release



Retrieve & Release old energies, thoughts, and patterns that no longer serve us.

Retrieve and Release

Live In-Person

Saturday, March 23rd, 6-8 pm

Event Location: Sage Sanctuary,

34878 Monte Viste Dr., #117,

Wildomar, CA

Session cost: \$44

☀️ Embark on a journey of self-discovery and transformation with Mary and Markie in a magical evening of healing and release! 🌙

Join us as we gather to Retrieve & Release old energies, thoughts, and patterns that no longer serve us. ✨ Markie will guide us through a powerful tension and release meditation, helping us shed layers of tension we didn't even know we were carrying. 🧘

But the magic doesn't stop there! We'll then delve even deeper with Transformational Breath®, tapping into the profound healing potential of our own breath to unearth and heal old wounds that are ready to be set free. 🧠

As we conclude our evening journey, we'll be serenaded by the soothing tones of sound bowls, elevating our vibrations and ensuring we return home feeling lighter, freer, and more empowered than ever before. 🎵

Ready to release what no longer serves you and embrace your true power? Reserve your spot now for an evening that promises transformation and renewal. ✨ Contact Mary at Mary@TheBreathOfNewLife.com to secure your place. Session cost: \$44.00 US.

See you there! ☀️

Venmo Mary @Mary-ODwyer-2, Zelle to 951-375-6425 or bring cash, check or card to the door.