

EVENT SPOTLIGHT

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

Transformational Breath® and KALI



An immersive Transformational Breath® and Kundalini
Activation Light Integration experience.

Transformational Breath® and KALI

Live In-Person

Saturday, March 16th, 4-6 pm

Event Location: Temecula Yoga

Collective, 26780 Ynez Ct.,

Temecula, CA 91591

Session Cost : \$55

Join the founder of Breath of New Life-Mary O'Dwyer and KALI facilitator- Maricel Balanza, in an immersive Transformational Breath® and Kundalini Activation Light Integration experience. Similar to our breath, kundalini is also our life force energy and is potent with our breath. With the combination of diaphragmatic breathing and Kundalini (life force) Energy, Heart Radiance Energy, sound, and vibrations, you may experience a profound and enlightening inner journey involving somatic and emotional releases. It can leave us feeling more connected to ourselves, the universe, and our purpose.

Please bring the following:

- Yoga Mat
- A Blanket
- Eye Mask (optional)
- 2 pillows
- Water Bottle
- Eat a light meal before the session and stay hydrated

GET TICKETS:

www.thetyc.com/events