

EVENT SPOTLIGHT

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

Reclaim Your Breath Weekend Retreat



Breathe easier, live better, and reclaim your vitality. Discover the power of your breath to alter your mood, clear your mind, and open your heart.

Reclaim Your Breath Weekend Retreat

Live In Person

Friday, 6pm Oct 18th - Sunday, 1 pm, Oct 20th, 2024

Michelle's Place, 41669 Winchester Rd., #101, Temecula, CA

\$495.00 Save \$100 with Coupon RYB100 before Sept. 20th

2024. Michelle's Place clients \$ Staff:

Contact Mary for scholarship Opportunities.

Reclaim Your Breath Weekend Retreat: Breathe Easier, Live Better

Are you aware that the quality of your breath directly impacts your well-being? It's true! Something as simple as adjusting your breathing pattern can have profound effects on your mood, mental clarity, emotional balance, and spiritual connection.

Join us for a transformative weekend experience where you'll explore the power of your breath to unlock a deeper sense of vitality and inner peace. Led by the insightful Mary O'Dwyer, this immersive retreat offers a unique opportunity to release the weight of life's challenges and embrace a renewed sense of freedom and joy.

What to Expect:

- **Six Breath Sessions:** Dive into the practice of conscious breathing through guided sessions designed to help you tap into your body's natural rhythm and flow.
- **Intimate Group Coaching:** Receive personalized support and guidance in a small group setting, fostering deeper insights and connections.
- **Holistic Understanding:** Gain a comprehensive understanding of how shifting your breath can positively impact every aspect of your life—physically, mentally, emotionally, and spiritually.
- **Feel Lighter and Grounded:** Experience a sense of lightness and grounding as you release tension and reconnect with your inner self.
- **Confidence and Relaxation:** Cultivate confidence and relaxation as you learn to navigate life's challenges with greater ease and resilience.
- **Deep Connection:** Forge a deeper connection with yourself and your beliefs, feeling more aligned and attuned to your inner wisdom.
- **Boosted Energy:** Say goodbye to fatigue and hello to increased vitality, as you learn to harness the energy within each breath.



Event Details:

- Date: Friday, Oct. 18th - Sunday, Oct. 20th, 2024
- Location: Michelle's Place, 41669 Winchester Rd., #101, Temecula, CA
- Schedule:
 - Friday: 6:00 PM - 9:00 PM
 - Saturday: 9:00 AM - 6:00 PM
 - Sunday: 9:00 AM - 1:00 PM

Investment in Yourself:

- Cost: \$495
- Early Bird Offer: Register by Sept. 20th, 2024, using Coupon Code RYB100 to save \$100.
- Scholarship Opportunities: Available for Michelle's Place clients and staff. Contact Mary directly for more information.

Ready to Reclaim Your Breath?

If you're ready to embrace greater vitality, clarity, and connection, this weekend retreat is your soul's invitation to thrive. Connect with Mary O'Dwyer to secure your spot or to inquire further about this life-changing experience.

Contact Information:

- Mary O'Dwyer
- Email: mary@thebreathofnewlife.com
- Phone: 951-375-6425
- Registration: <https://TheBreathOfNewLife.as.me/RYP2024>

Don't miss out on this opportunity to unleash the power of your breath and transform your life from the inside out. Your journey to wellness begins with a single breath.