

EVENT SPOTLIGHT

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

Fascia Flow & Breath



Release tension, restore balance and feel grounded in your body.

Fascia Flow & Breath

Live In Person

Date: Mondays, 9-9:45 am

Location: HeARTsong Wellness, Murrieta, CA
(street address provided upon registration).

Suggested Donation \$10-\$20

Fascia Release & Healing Breathwork

Start your week with a refreshing 45-minute class designed to release tension and restore balance in your body. This donation-based session is perfect for anyone looking to ground, move, and heal.

What to Expect:

A calming grounding meditation to center your mind and body.

Guided use of lacrosse balls to release tension in the fascia of your feet.

Breath and movement exercises in standing poses to release fascia throughout your body.

A short Integrative Healing Breathwork session to leave you feeling renewed and aligned.

Payments can be made on my website, via Venmo, Zelle, or cash/charge at the door.

This class is beginner-friendly and open to all levels. Come as you are and leave feeling lighter, grounded, and ready to take on the week!

Reserve your spot today and give yourself the gift of release and renewal.

Contact Information:

Mary O'Dwyer

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Registration: <https://TheBreathOfNewLife.as.me/FasciaFlow>