

EVENT SPOTLIGHT

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

Transformational Breath®



Please join us for a healing, relaxation and self care class.
Our guided sessions are suitable for everybody
regardless of age.

Transformational Breath® Group Sessions

Please join us for a healing, relaxation and self care class. Our guided sessions are suitable for everybody regardless of age, physical fitness or mobility.

This Guided Breathing Group Session will introduce you to the benefits and the powerful healing of the proven methods we apply to ensure the effectiveness of our work: Transformational Breath® and SimplyAlign™.

Transformational Breath® is a self-healing technique that helps people access the full potential of their breathing system in order to align and optimize physical, emotional, mental and spiritual well-being.

SimplyAlign™ allows us to identify our limiting beliefs and self sabotaging patterns and replace them with positive, uplifting affirmations that support us in creating the life we truly desire.

As we use these proven methods, we gently support you to explore the self-healing capacity of your own breath, taking you on a journey deep inside, to a place of deep relaxation and calmness.

The session will feature touch, sound and movement, as we learn how to connect our breath with our conscious and subconscious mind in a comfortable, safe environment.

This is your opportunity to close your eyes, relax and be gently guided through an experience of learning and sensory experience.



In this session, you will learn a pattern of conscious breathing that is natural, safe and healthy.

Accessing a full diaphragmatic breath helps you:

Feel completely energized;

Let go of emotional baggage;

Release anxiety;

Become aware of emotions halting your personal growth;

Generate feelings of calm, feel lighter and more focused;

Experience deeply nourishing relaxation;

Improve digestion and boost circulation;

Gain clarity, inspiration and connection with your intuition;

Based on thousands of people who have experienced these proven methods, we expect as a result of this session you will feel lighter, freer and much more relaxed.

For more information and to book please contact us at Mary@TheBreathOfNewLife.com

Weekly Sessions:

Tuesdays Online Worldwide at 10:00- 11:00 am Pacific Time, \$22.00 US. Zoom link shared upon registration.

Wednesdays Live In-Person Locally at 9:00 -10:30 am Pacific Time,
HeARTsong Wellness, Murrieta, CA . Street address shared with registration.

\$35.00 per class



Wednesdays Live In-Person Locally at 7:00-8:30 pm pm Pacific Time,
Sage Sanctuary 34878 Monte Vista Dr., #117, Wildomar, CA

\$35.00 per class

Monthly Sessions

Transformational breath with Choose To Be Restored typically , the first Tuesday of the month at 6:00-7:30 pm at Rancho RV and Storage, 36610 Briggs Road, Winchester CA. Free for choose to be restored members and staff

Transformational breath at Michelle's place, typically the third Thursday of the month at 6:00-7:30 pm. 41669 Winchester Road, # 101, Temecula. CA. Free for Michelle's Place members and staff

Periodic sessions at Center for Spiritual Living, 40450 Stetson Ave., Hemet, CA. \$35