

EVENT SPOTLIGHT

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

Transformational Breath ®



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

Date: Friday, 5pm Oct 10th - Sunday, 1 pm, Oct 13th, 2025

Location: The Crow's Nest, Minutes from Callicoon, in the Catskills of NY, USA

Cost: \$495.00 Save \$100 with Coupon RYB100 before June 30th, 2025.

Immerse yourself in a long weekend devoted to awakening your breath and rediscovering the truest version of you. Set in Callicoon, a secluded oasis on the Pennsylvania–New York border in the beautiful Catskills, this intimate gathering (just 6–8 participants) blends transformational breathwork with the grounding magic of peak autumn foliage.

What awaits you:

- Six guided breath sessions & intimate coaching for deep release and clarity
- Nature-infused practices that reconnect you to the land—and to yourself
- Cozy, community feel with plenty of personal attention (small group size)
- Optional on-site lodging steps from our practice space, plus nourishing chef-prepared meals

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.



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- 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:

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Sunday, 1 pm, Oct 13th, 2025
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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:

Tuition + Lunches: \$495

- All-Inclusive (Tuition, All Meals & 3-Night Stay): \$1,395
- Early-Bird: Save \$100 on either option when you book by June 30 with Coupon RYB100 before June 30th, 2025.

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.