

Birmingham **BREATHES**

Transformational Breath®
the body, mind, spirit
technique that has taken the
London yoga world by storm!

Coming to Barefoot
Birmingham Yoga Studio
in Harborne
28th & 29th September 2013



Birmingham **BREATHES**

**Change Your Life
One Breath at a Time!**

**Let Your
Heart Sing!**

Saturday, 28th September 2013
2.00 pm - 4.30 pm £40*

Sunday 29th September 2013
9.30 - 4.00 pm £80*

An introduction to
Transformational Breath® including
an explanation, demo and full
Breath session

A playful breath and voice
workshop, including two
Transformational Breath® sessions,
sound, rhythm and movement

* **Early Bird
Discounts**
A reduction of
10% on each
workshop booked
up to one month
before the
workshops or
enjoy the
amazing benefits
of three full
breathing
sessions in one
weekend for the
inclusive price of
£99 when both
workshops are
booked together.

Transformational Breath® uses a conscious connected breathing technique, body mapping, sound and affirmations that benefit you physically and leave you feeling emotionally lighter and more joyful. It opens and balances blocked energy centres and works brilliantly in parallel with all forms of yoga and can deepen your meditation practice.

Venue

Barefoot Birmingham Yoga Studio,
7 High Street, Harborne, B17 9NT

Booking

Contact Val Jenner on 07961 302719 or
email: enquiries@birminghambreathes.co.uk

