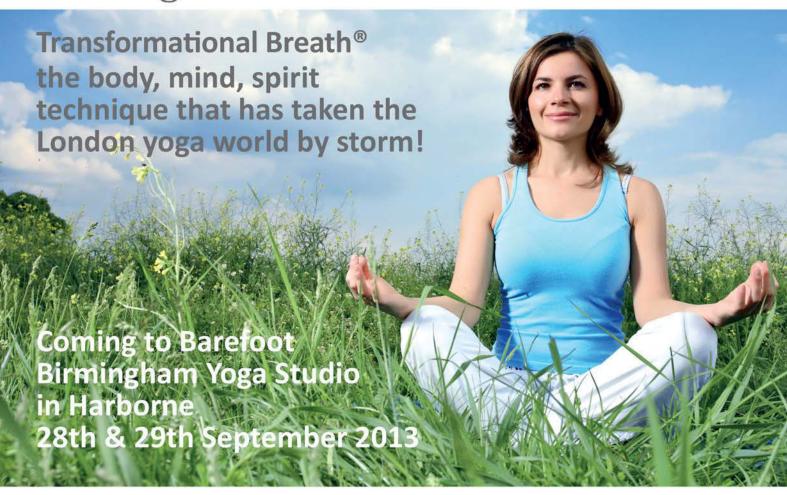
# Birmingham BREATHES



### Birmingham **BREATHES** Change Your Life

# Change Your Life One Breath at a Time!

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

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

**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.

## Let Your Heart Sing!

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

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

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