

No Limits!



Unlock Your Inner Capacity
for Positive Transformation

Benefits:

- Release Anxiety and Stress
- Freedom from Chronic Pain
- Increased Self Esteem & Clarity of Direction
- Peaceful Spiritual Expansion
- Deep Relaxation and Rejuvenation



R. Christian Minson. Breath Facilitator, Yoga teacher, former monk of ten years, and co-author of the #1 best-selling book *Align Expand and Succeed*, Christian teaches the use of little-known breathing techniques as an effective tool for empowering physical, emotional and spiritual health and balance. Based in Encinitas, CA, he travels internationally to deliver his inspirational events.

Learn how to create happiness and fulfillment in your life--any time, anywhere

Transformational Breathing Workshops

Saturday, February 18, 2011 1:00 - 4:00pm

Saturday, March 17, 2011 1:00 - 4:00pm

Encinitas, CA 92024 (location given upon registration)

\$39 Advance Registration/ \$50 after 2/15/12

Space is limited, reserve now!

To register: Call Christian (760) 445-4264
or christian@breathflow.com

Safe, comforting environment,
amazing people

"The most
AMAZING
experience of my
life - and I created
it!" -Tara B.

breathflow.com

What people are saying:

"That was the most peaceful I have felt in ages! This is the only method I have tried (and I have tried MANY) that feels safe, comfortable, AND effective, all at the same time." —Karin, San Diego, CA

*"One Transformational Breath session is equivalent to about two years of psychotherapy."
—Dr. Henry Smith-Rohberg, Psychotherapist*

*"My breathing experience was HUGE. After my session was the first time my body has been totally pain-free in 7 years!"
—Michelle Aceto, Cape Cod, Massachusetts*