

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 Workshop

Saturday, February 4, 2012 1:00 - 4:00pm

Ganesha Center - Sanctuary for the Spirit

3199 E. Warm Springs Rd #300, Las Vegas, NV 89120

www.ganeshacenter.com

702.485.4985

\$49 Registration

Space is limited,
reserve now!

safe, comforting
environment, amazing people



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*