

Come experience the transformative power of your **Breath Set Free!**

Transformational Breathwork® as created by Dr. Judith Kravitz
Facilitated by two key Senior Trainers from San Diego



Benefits:

- Release Anxiety and Worry
- Address Cause and Release Chronic Pain - Emotional and Physical
- Organic Release of Old Patterns related to Fear, Anger, Grief
- Increased Relaxation and Clarity of Direction
- Boost Auto Immune System



R. Christian Minson & Moni Osbourne are both Transformational Breath Foundation Senior Trainers who have over 3 decades of combined experience with breathwork. They have been working together since 2007. Both trained with Dr. Judith Kravitz (Moni has the extra credential of being her daughter!). Christian is a former monk of ten years, and co-author of the #1 best-selling book *Align Expand and Succeed*. They both reside in San Diego, CA.

2 Transformational Breath® Workshops

Saturday February 11, 2:00pm-6:00pm (4 hours) \$49

Sunday, February 12, 10am-6pm (8 hours, 1 hr for lunch) \$99

Welcome to do one or both workshops

Sedona Fit - Wellness Center

1835 W Hwy 89A - Upstairs yoga studio 928-284-3483

To register contact: **Karon Miller 928-821-5200**

Space is limited!

Safe, comforting environment, amazing people

Introduction to Transformational Breath, review of your breath & emotional patterns, support for your continued practice

Please bring a pillow and a blanket

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