



WELLNESS SOLUTIONS  
Integral Approach to Mastery



# BREATHWORK



Throughout history, cultures worldwide have provided a means for people to access non-ordinary realms for healing and spiritual growth. Breathwork is a means of inducing an altered state of consciousness through full and connected breathing. An energy charge is created in the body, and as the energy disperses, it serves to release, or to cleanse blockages, both physical and emotional. Possible experiences include: resolution and release of current problems, unresolved childhood wounds, birth memories, past life remembrances, encounters with archetypes (gods and goddesses etc.), nature identification (i.e. the experience of *being* a tiger or a mountain), transcendence of time or space, and direct experiences of the primordial vibration in the form of inner light or music, deep peace or orgasmic states.

The process is gentle, safe, and loving and almost every person will have a deep moving experience. As an added benefit, Breathwork is quite healthy for the body. You will be conscious the whole time and totally in control. Please come prepared for immediate powerful experience and growth.

## Breathwork can help:

- deepen a spiritual connection
- heal emotional contributors to physical disease
- address anxiety problems
- reduce panic attacks, phobias, OCD, and generalized anxiety
- unblock the creative process
- release assumptions of "I can't" and empower positive life path changes
- provide a safe and natural way to experience non-ordinary states of consciousness

Date: Saturday, October 5<sup>th</sup>, 2013

Time: 10:00 am to 4:00 pm

Cost: \$130

Facilitated by: Jane Martin, LPC

& Jean Robinson, LPC