

# ONE DAY BREATHWORK WORKSHOP

**Tuesday**  
**3rd Nov**  
10am - 6pm

*'know  
that with every  
breath, you are  
becoming that which  
you have always  
been'*

## *Awaken to the Power of your Breath*

Through a combination of coaching and conscious connected breathing we explore how to use our breath in our daily life to grow and expand.

When we breathe fully we bring life, energy and vitality into our body. Deeply held tensions and traumas in the body are released, freeing us up to more openness, joy and freedom in life.



*Facilitated by Ann,  
Alchemy of Breath Practitioner &  
NLP Master Coach*

In this workshop learn:

- to connect with your most authentic self during **2 BREATHWORK SESSIONS**
- how to transform your limiting beliefs into empowering commitments to yourself
- how to build rapport and empathy with others using the power of your breath
- daily breath practises to release stress, sleep better, and feel more energised and alive

***Bamboo Spirit Yoga Studio***  
*(half way up Campuhan Steps, Jl. Sanggingan)*  
**PRICE 750K (Early Bird 650K before 1st Nov)**

For more information and to book your place:  
FB: BREATHE LIVE LOVE PH: 082236654543