

LIVE IN-PERSON

**THE BREATH
OF NEW LIFE**
RELIEF TODAY. TRANSFORMATION FOREVER.

A Transformational Guided Breathing Group Session



Our Powerful Hands-On Weekly Sessions move people forward in their healing, relaxation and self care as we experience the group energy in the room. This community session is suitable for everyone.

A Transformational Guided Breathing Group

Wednesdays, 7:00 pm Pacific Time

**Event Location: Sage Sanctuary,
34878 Monte Vista Drive, Suite 117
Wildomar, California, USA**

Session Cost: \$33 - \$40 US

**(Save \$40 with a 5-Session Pass for \$125
valid for 3 months)**

This Guided Breathing Group Session will introduce you to the benefits and the powerful healing of the proven methods we apply to ensure the effectiveness of our work: Transformational Breath® and SimplyAlign™.

Transformational Breath® is a self-healing technique that helps people access the full potential of their breathing system in order to align and optimize physical, emotional, mental and spiritual well-being.

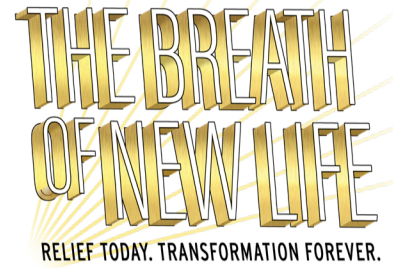
SimplyAlign™ allows us to identify our limiting beliefs and self sabotaging patterns and replace them with positive, uplifting affirmations that support us in creating the life we truly desire.

As we use these proven methods, we gently support you to explore the self-healing capacity of your own breath, taking you on a journey deep inside, to a place of deep relaxation and calmness.

The session will feature touch, sound and movement, as we learn how to connect our breath with our conscious and subconscious mind in a comfortable, safe environment.

This is your opportunity to close your eyes, relax and be gently guided through an experience of learning and sensory experience.

In this session, you will learn a pattern of conscious breathing that is natural, safe and healthy.



Accessing a full diaphragmatic breath helps you:

- Feel completely energized;
- Let go of emotional baggage;
- Release anxiety;
- Become aware of emotions halting your personal growth;
- Generate feelings of calm, feel lighter and more focused;
- Experience deeply nourishing relaxation;
- Improve digestion and boost circulation;
- Gain clarity, inspiration and connection with your intuition;

Based on thousands of people who have experienced these proven methods, we expect as a result of this session you will feel lighter, freer and much more relaxed.

For more information and to book please contact us at Mary@TheBreathOfNewLife.com

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Please note that there will be an added sound bath experience once a month, typically the last Wednesday of the month. This session will be \$40 and the 5-session pass cannot be used for this event. Please text Mary at 951-375-6425 for more details.

NOTE: To ensure your comfort, you are requested to bring two (2) large pillows and a blanket. We encourage you to wear comfortable clothing.

To Register for A Session,
Close This **More info** Page and
CLICK the **Buy Tickets** Button.