

Introductory Workshop **Transformational Breath®**



**Zollikerstrasse 74,
8008 Zürich**

SATURDAY 11TH OF FEBRUARY, 2023

9:30 -17:30

Workshop Content

Introduction to Transformational Breath® and its benefits

The three levels of Transformational Breath®

Breathing exercise and feedback on individual breath patterns

Intention setting

Two full facilitated sessions of Transformational Breath®

Sound, movement and sharing

Trainer

This workshop will be given by Alev Gürzumar, Certified Senior Trainer. She will be assisted by a group of facilitators, all trained by the Transformational Breath® Foundation.

Language

English & German

When

Saturday, February 11th, 2022

9:30 - 17:30

Where

Zollikerstrasse 74, 8008 Zürich

Price

CHF 180.-

What to bring

Soft, comfortable clothing, water bottle

Registration and Information

alev@breathandlight.com

www.breathandlight.com

079 772 33 46

Places are limited, please reserve in advance.