

Reclaim Your Breath™ Retreat

27-29 May 2023

Chalet Ganessa

15 route des Gleux, 1874 Champéry VS

Switzerland



Transformational Breath®

Reclaim Your Breath™ Transformational Breath® Introductory Training

Joy is our natural state but most of the time it is buried under many layers of restrictive thoughts and emotions which also affects the way we breathe. When you consciously open and expand your breath you can also free yourself from your unconsciously held patterns and allow your authentic joyous self to come alive. This workshop is your chance to let go and reconnect with your breath and with yourself to bring balance, inner peace and joy into your life.

TRANSFORMATIONAL BREATH®

Transformational Breath® is a natural and gentle technique with conscious diaphragmatic breathing pattern at its core. This highly efficient and effective technique works on all aspects of our well-being and allows our own inner healing resources to be restored and utilized. It increases physical vitality, resolves trauma and stress, brings balance, inner peace and joy into our lives.

WORKSHOP CONTENT:

- Introduction to Transformational Breath® and its benefits
- The three levels of Transformational Breath® - physical, mental/emotional and spiritual
- Breath analysis - feedback about your own breath pattern
- Intention - how to set and use for your sessions
- Five sessions of Transformational Breath®
- Exercises, games, and sharing

THE VENUE:

Chalet Ganesha is located in the charming and authentic village of Champéry, looking over the majestic peaks of Dents-du-Midi. The Chalet is an old Alpine farm from the 1950s. It has been completely renovated and refurbished to serve as a venue for yoga, movement, meditation retreats. It is supplied with spring water and decorated according to the principles of Feng Shui. All of the Ganesha chalets are equipped with protection against 5G waves and disturbances due to electrical networks.

ALEV GURZUMAR:

Alev Gürzumar is a Certified Senior Trainer of Transformational Breath®. She gives private and group sessions and leads training and workshops. Her mission is to inspire and empower others on their journey of self-realization, with the guidance and wisdom of their own breath. Inspiring and supporting others on this profoundly deep and intimate journey of love and self-healing fascinates her and fills her with gratitude.

Reclaim Your Breath™ is an official introductory training of the Transformational Breath® Foundation. www.transformationalbreath.com

WHEN:

14:00 ON SATURDAY, 27 MAY 2023
to 15:00 on Monday, 29 May 2023

WHERE:

Chalet Ganesha
15 route des Gleux
1874 Champéry VS
<https://chaletganesha.com>

PRICE:

The Tuition Fee: CHF 400.-
Early bird (valid for bookings prior to March 31st, 2023): CHF 360.-
2 nights accommodation per person:
Double room with shared bathroom: CHF 160.-
Deluxe double room with private bathroom: CHF 200.-
Single room with shared bathroom: CHF 260.-
All meals, snacks and Tourist Tax: CHF 220.-

INFORMATION and REGISTRATION:

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