

Reclaim Your Breath™

21-22 October 2023
Yoga des Bains
23 Rue Gourgas, GE-1205
9:30-17:30



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 a 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, and, 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

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.



WHEN:

9:30 on Saturday, 21 October 2023
to 17:30 on Sunday, 22 October 2023

WHERE:

Yoga des Bains
23 Rue Gourgas, GE-1205
<https://yoga-des-bains.ch>

PRICE:

The Tuition Fee: CHF 400.-
Early bird (valid for bookings prior to
September 29th, 2023): CHF 360.-

WORKSHOP LANGUAGE:

English and French

WHAT TO BRING:

Please, wear comfortable and soft clothes especially loose around the belly area (no tight-fitting jeans or belts, etc.), and a pair of warm socks.

Please, bring a bottle of water and a picnic lunch.

INFORMATION and REGISTRATION:

alev@breathandlight.com
+41 79 772 33 46
www.breathandlight.com

Places are limited to 6 participants,
please, reserve in advance.

**RECLAIM YOUR BREATH™ IS AN OFFICIAL INTRODUCTORY
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Transformational Breath

