

Introductory Workshop

Sunday, 28 January 2024

Zollikerstrasse 74

8008 Zurich

9:30 - 17:30



Transformational Breath®

This workshop is your chance to let go and reconnect with your breath and with yourself, to find more self-love and self-compassion.

Transformational Breath® is a simple yet profound self-healing system with conscious diaphragmatic breathing pattern at its core. This technique works on all aspects of our well-being and creates deep and lasting change.

It increases physical vitality, resolves anxiety and stress, brings balance, inner peace and joy into our lives.

Workshop content: • Introduction to Transformational Breath® and its benefits • Breath Analysis • Two full facilitated sessions of Transformational Breath® • Brief sharing

When: Sunday, January 28th, 2024 from 9:30 to 17:30

Where: Zollikerstrasse 74, 8008 Zürich

Price: CHF 180.-

Workshop Language: English (with translation into German)

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.

Places are limited to 8 participants, please reserve in advance.

About Alev:

Alev discovered Transformational Breath® in 2007. It immediately became her daily self practice and her passion. She is a certified Senior Trainer of The Transformational Breath® Foundation and is the founder of Breath&Light. Inspiring and supporting others in this profoundly deep and intimate journey of love and self-healing with the breath fascinates her and fills her with gratitude.

