

# Saturday Morning Intro Workshop

Saturday, 20 January 2024  
49 ch de la Chevillarde  
GE-1224  
9:30 - 13:30



# Transformational Breath®

**Are you ready to unlock the power of your breath and kickstart your journey towards an incredible 2024?**

**During this workshop, you will discover Transformational Breath®, a powerful technique that will help you release stress, increase your energy levels and connect with your innermost self.**

**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.**

**Workshop content:** • Introduction to Transformational Breath® and its benefits • Breath Analysis • Facilitated session of Transformational Breath® • Brief sharing

**When:** Saturday, January 20th 2024 from 9:30 to 13:30

**Where:** 49 ch de la Chevillarde 1224 Geneva

**Price:** CHF 90.-

**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.

Places are limited to 6 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.

