

# Transformational Breath® & The Work (by Byron Katie)

Sunday, 11 February 2024

Yoga des Bains

23 Rue Gorges GE-1205

9:30 - 17:30



**Combining Transformational Breath® and “The Work” by Byron Katie, this workshop offers an opportunity for self-discovery and personal growth. Both modalities focus on exploring and transforming our thoughts, beliefs, and emotions to create greater clarity, peace and well-being.**

**Transformational Breath® is a simple and profound self-healing system that involves conscious connected breathing to access and integrate stored emotions, expand awareness, and promote physical, emotional and spiritual well-being, creating deep and lasting changes. It helps individuals to release tension, increase vitality, and connect with their inner wisdom.**

**“The Work” by Byron Katie is a method of self-inquiry that involves questioning and investigating our thoughts and beliefs in order to find greater clarity and peace. The goal of “The Work” is to identify and question the thoughts that cause suffering and to find more empowering and truthful perspectives.**

**Workshop content:**

- Introduction to Transformational Breath®
- Short facilitated Transformational Breath® session
- Introduction and practice of “The Work”
- Intention setting
- Long facilitated Transformational Breath® session
- Brief Sharing

**When:**

Sunday 11 February 2024 from 9.30am to 5.30pm

**Where:**

Yoga des Bains, 23 Rue Gourgas, GE-1205

**Price:**

CHF 200.-

**Workshop language:**

English and French

**What to bring:**

Please wear comfortable, loose-fitting clothes, especially loose-fitting around the tummy (no tight jeans, belts, etc.) and a pair of warm socks. Please bring a bottle of water.

**Workshop Leaders:**

This workshop will be led by Alev Gurzumar (Certified Transformational Breath® Senior Trainer) and Karen Boillat (Certified Transformational Breath® Facilitator and experienced in “The Work” by Byron Katie).

Places are limited, please book in advance.