

Let's Breathe!!!

Restore your Balance...
Nurture your Body, Mind & Soul with
Transformational Breath®!!!

Enjoy a total of 5 Full
Breath Sessions

Learn about your personal
Breathing Pattern

Empower Self Healing with
Deeper Awareness

Investment:

\$45 for Friday Night Only

\$299 Early Bird for Full Weekend

\$375 Late Registration (after 9/20)

Ways to Register

<https://breathandspirit2019.eventbrite.com>



Valerie White Island is a
Certified **Transformational
Breath®** Facilitator and
Group Leader.

Learn more:

Transformationalbreath.com

Contact: 727-898-1297

valerie@invitethelighthealingcenter.com

Transformational Breath Foundation® Presents:

Breath and Spirit™...

Weekend Retreat & Evening Workshop

October 18,19,20 2019

Friday- 6:30-9:00pm - Intro workshop Open to Public

Saturday- 9:00am-4:00pm

Sunday- 9:00am-4:00pm

Chorus Public House

154 W. Main Street

Stoughton, Wis 53589