

“Discover how Breathing is the Key to Personal Transformation”



TRANSFORMATIONAL BREATH®

Introductory Workshop

With... Kathy Smith,ND , Darryn Silver,LCSW , Kirk Murdoch and Buster B.

Experience the benefits and application of a full, deep, connected Breath.
Eliminate Restrictive Breathing Patterns .
Heal yourself – Physically, Mentally, Emotionally.
Live fully. Be Joyful!



Introductory Workshops

Saturday Feb 2nd.

Sunday March 3rd.

Sunday April 7th.

12noon-2:15pm

\$42

Wellness Rocks

178 Center Street

Clinton, NJ

2nd. Floor

Provident Bank

Kathy Smith Is a Certified Transformational Breath Facilitator® Naturopathic Doctor, Clinical Hypnotherapist, Licensed Massage & Neuromuscular Therapist, and Reiki Master.

Buster B. is a Certified Transformational Breath® Facilitator, Voice Teacher, Reiki Practitioner, Singer, Actor

Darryn Silver is a Certified Transformational Breath Facilitator® ,Licensed Clinical Social Worker, Clinical Hypnotherapist, Transformational Breath® Intern, as well as Certified Cognitive-Behavioral and Chi Therapist.

Kirk Murdoch, is a Certified Transformational Breath Facilitator®, Ceremonial Souls Singer/Musician.

Transformational Breath ® is a self-empowering return to our natural state of well-being and wholeness. It utilizes a high frequency energy created by a conscious, connected diaphragmatic breathing pattern that permanently alters and raises denser emotions in the electromagnetic field. This allows for the participant to elevate themselves to higher levels of consciousness and integrate all parts of themselves back to their essential light.



Registration at [www.darrynsilver.com/
events](http://www.darrynsilver.com/events)

\$42.00 per workshop

RSVP early to claim your space. Only 12 spots available