

Transformational Breath®

Personal Seminar Level 1

With **Julie Wolcott** and **Marcia Bailey**

Discover how Breath is the key to Personal Transformation.

ELIMINATE RESTRICTIVE BREATHING PATTERNS

Learn to breathe more openly and efficiently. Be in the flow of Life!

CLEAR the SUBCONSCIOUS

Breathing transforms negative thought patterns & trauma, allowing for more expression of Love & Joy

CONNECT MORE FULLY with the HIGHER SELF

Access higher levels of awareness. Express from the Soul level.

Experience the benefits and application of a full, deep, connected Breath:

The Transformational Breath®.

Relieve Stress ... Heal relationships.

Heal yourself - Physically, Mentally, Emotionally.

Live fully. Be Joyful. Make your own personal connection with Spirit.

Sat, Sun, June 13-14, 2020
9:00 am to 6:00 pm
each day

Focus on Physical &
Mental Levels

Home of Julie and Larry Wolcott
Dexter, Michigan



This 2-day weekend covers the first two days of the Transformational Breath Foundation (TBF) Six Day Seminar, Levels I, II, III of the TBF Training Program. In this 2-day intensive the focus is the Physical and Mental dimensions of the Transformational Breath (TBr). Five full Transformational Breath sessions are included, with the following emphasis: Breath Analysis, Breath Patterns, Byron Katie's "The Work", Body Mapping, Self Facilitation, Five Areas of Suppression. Also included: an Abundance Program, 5 yogic rites, Sound Healing, Fun Break States, and much more! For more information about this weekend TBr intensive as well as about Julie Wolcott, Marcia Bailey and their Transformational Breathwork offerings, see their website, www.BreatheAnnArbor.com



Call for tuition and early registration discounts.

Register now and begin receiving the benefits of Your commitment to this Amazing inner journey.

For more information, contact:

Julie Wolcott, 734.355.1671, or
Marcia Bailey, 734.395.4799, or
Email: info@BreatheAnnArbor.com

Ask about early bird and reviewers discount.