

Transformational Breath® Personal Seminar Level 2

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 one's 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, Aug 1-2, 2020
9:00 am to 6:00 pm
each day

**Focus on Mental &
Emotional Levels**

Home of Julie and Larry Wolcott
Dexter, Michigan



This 2-day weekend is the middle 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 Mental and Emotional dimensions of the Transformational Breath (TBr). Five full Transformational Breath sessions are included, with the following focus: Breath Analysis, Breath Patterns, Dyadic Communication, Forgiveness Exercise, Throat Opening, Body Mapping. Also included are an Abundance Program, 5 yogic rites, 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.