



“Discover how Breathing is the Key to Personal Transformation.”

Blissful Journey Breathwork & Breath Dynamics present

Transformational Breath®

Reclaim Your Breath™

Grace and Stephen are coming to New Jersey for an “RYB” Intro.
plus Workshop Dates added.

EXPERIENCE THE BENEFITS AND APPLICATION OF A FULL, DEEP, CONNECTED BREATH.
INDIVIDUAL BREATHING ANALYSIS.
BREATH MASTERY ... TAKE-HOME BREATHING PROGRAM.

Grace and Stephen are Transformational Breath Trainers with a combined 28 years of experience. We travel the world to help people change their lives through the Power of Conscious Breathing.



Scan QR CODE for
full Details &
Registration.

Toms River, New Jersey
January 31 - February 2, 2022

(Afternoon of 31st ** + 2 full days.)

-plus-

2 Intro Workshops on January 30.
(1 for Women, 1 for Men)

** 31st Workshop may be taken by itself with option to continue 2 more days.

"One Transformational Breath
session is equivalent to about two
years of psychotherapy."
-- Dr. Henry Smith Rohrberg

We follow
strict COVID
Safety Protocols

5 FULL BREATH
SESSIONS

Contact: Grace ✨ 1.512.818.7857 ✨ info@blissfuljourneybreathwork.com

www.blissfuljourneybreathwork.com

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