

Transformational Breath® Seminar

May 14th – 19th, 2020

Discover how breath is
the key to Personal
Transformation

Cost: \$1500 (Early Registration \$1350 by 3/14/19, \$1425 by 4/14/19)

Call or email for Room and Board cost and options

CEC's: Seminar qualifies for 39 CECS from NCBTMB

Where: Be Free Center

THIS POWERFUL, LIFE CHANGING
SEMINAR and RETREAT includes:

- * 2-3 DAILY BREATHING SESSIONS
- * TONING & SOUND HEALING
- * BREATH AND MOVEMENT
- * BYRON KATIE'S "THE WORK"
- * FOUNTAIN OF YOUTH POSTURES
- * BREATHING ANALYSIS
- * ABUNDANCE PROGRAM
- * DYADIC SOUL COMMUNICATION
- * FORGIVENESS EXERCISE
- * FOCUSING, ENTRAINMENT & UNVEILING EXERCISES
- * WATER BREATHING
- * FUN BREAK STATES
- * ADVANCED BREATHS TO ACCESS HIGHER STATES OF CONSCIOUSNESS
- * MANUAL & JOURNAL INCLUDED
- * Plus Much More!



Blake and Kristine Allen are
Transformational Breath® Senior Trainers
and Facilitators, Licensed Massage
Therapists and Workshop Leaders.



Contact: Blake or Kristine Allen * 360-671-6586 * breathenbefree@gmail.com

www.BFreeCenter.com