

LIFE-CHANGING BREATHWORK

INFORMATION

Venue: To be advised - (Halesowen/Stourbridg area)

Cost:

1 Day Workshops:	£60 (£30 deposit – with booking)
Balance:	1 week prior to event
2 Day Experiential	£150
2 Day Part I Training	£180 (including Part I Manual & Certificate)
Deposit:	£50
Balance:	2 weeks prior to event (or in stages - <i>Speak to Jackie</i>)

Accommodation: To be advised

L. Hay Teachers: *Louise Hay Teachers wishing to experience more breathwork sessions are invited to attend 2 day workshops at the reduced rate of £50 per day.*

Breathwork Trainees: *Anyone wishing to come along to take part in a 2 day workshop, in-between Parts II and III of their training – or following their Part III training, are invited to come along to workshops and/or trainings to top-up/practice their training and facilitation for £40 per day.*

Dates: Saturday & Sunday

Trainer: Jackie Turner (experienced and fully trained Personal Development and Breathwork Trainer – See www.Positivelyme.co.uk)

Life-Changing Breathwork is a powerful circular breathing process that can literally break down blocks on a mental, emotional, physical and cellular level.

Some of the benefits reported by participants:

- * Anxiety reduced
- * Resolution of old emotional wounds
- * Release of Anger
- * Emotional stability
- * Inner Peace
- * Removal of physical and emotional blocks
- * Deep Relaxation
- * Insight into behaviour and feelings
- * Enhanced relationships
- * Improvement of the immune system
- * Increased creativity
- * Relief from depression and self-defeating behaviour
- * Bliss
- * *And many, many more*
- * Heart-felt joy and peace
- * Overwhelming compassion
- * Peak performance
- * Increased creativity
- * Health issues resolved
- * Stress level reduction
- * Increased energy
- * Ability to forgive
- * Improved self-image and self-esteem
- * Development of spiritual awareness

This non-residential training is similar to Transformational and Healing Breathwork. Experience this incredible work or train to be a facilitator of this powerful and cathartic process. (See over for more information on this work)

Part I covers the experiential section of this 3 Part Certificated Training and an opportunity to share your experiences with the group (optional).

PREPARE TO BE AMAZED !!



Life-Changing Breathwork is a method of complete, circular breathing which quickly and safely gets in touch with, and releases, our deepest emotions (which may have been suppressed in the unconscious mind for many years). This release integrates our emotions producing a blissful healing state, leaving the client feeling totally relaxed and 'lighter'. This is a powerful process that can literally break down blocks on a mental, emotional, physical and cellular level.

A selection of comments from people who have tried this work:

- *Reconnection with the oneness of life leaving me feeling more balanced (Tracey)*
- *Accessing Spirit in a different way. Now feel 'different', thoughtful, humble (Sue)*
- *Balancing of charkas, deep insights, greater depth and understanding of self. Healing at a cellular memory level, release and letting go. Left feeling relaxed, centred, peaceful and grounded (Jayne)*
- *Felt totally supported by teaching team, sense of personal growth. At the end felt tired, relaxed and connected (Karen)*
- *Loved the openness, friendly guidance and assistance. Felt safe and was aware of releasing and personal healing. Loved working and sharing with others. Very peaceful (Carol)*
- *Powerful, yet gentle at the same time. Easy to acknowledge forgiveness and self love. Calmed my head – I finally like myself (Pip)*
- *Release of unexpected issues. Left feeling 'GREAT!' (Dilys)*
- *Greater insight to some conscious blocks, revelation to sub-conscious, long-held issues. Felt 'shaky' but inspired and amazed (Juliet)*
- *Released long held blocks, let go of control and tension, Surprised myself. Felt great – calm and peaceful (Michelle)*
- *Enjoyed the variety of experiences, meditation, powerful breathwork. Felt very good and relaxed (Emma)*
- *Being with like-minded people, accepted, released anger and feel that I have moved on. Felt tired and tearful but VERY OKAY! (Fran)*
- *Amazing compassion and love as I was allowed to go as far as I wanted, felt very safe. Although tired I feel that the healing process has begun – Feel GOOD!*
- *Went within and released some pain. Found sense of being loved by parents as a baby. Feel relaxed, calm and loved (Layla)*

Part II Training: **£250** - (4 days – Thursday to Sunday)

Part II covers the basic knowledge of how the process works and offers opportunities to re-experience the work yourself and to assist (under supervision) others in this work.

Part III Training: **£200** - (4 days – Thursday to Sunday)

Part III covers a more in-depth knowledge of the process, guidance in becoming a more skilled facilitator and more personal work and supervised facilitation of others.

Completion of the whole training will enable you to work with individual clients and to run one day Introductory Workshops (after gaining relevant experience) if you wish.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

For Further information, a chat with Jackie and/or a Booking Form contact:

Jackie Turner (Positively Me)

24 The Crescent, Old Hill, Cradley Heath, West Midlands B64 7JR

Telephone: 0121 550 4234

Email: Positively.Me@BTOpenworld.com

Web: Positivelyme.co.uk

