

LIFE-CHANGING BREATHWORK

EXPERIENTIAL 1 Day Workshop

Date: To be advised (*Saturday -or- Sunday*)
9:30am - 5:30pm

Venue: To be advised (*Stourbridge / Halesowen area*)

This 1 day workshop will give you a brief background to Life-Changing Breathwork and some of its benefits. We will experience 2 sessions of this amazing life-changing intensive circular breathing process (which ends with a time for meditation), and possibly a quick breath technique for every day use, a 'Life-Changing' breathing meditation and positive affirmations. The above will combine to create a new awareness of yourself and enable you to achieve more of what you want in life. The clearing results from the breathwork are amazing (see original flyer). I have been practising different types of breathwork for several years now and – THIS IS THE BEST!

This workshop is completely experiential, and is for people who REALLY want a real breakthrough in some area of life. It is available to anyone, so please pass on the information to others interested in transformation.

This 1 day Experiential Workshop will count towards your certification requirements, should you decide to complete the training to become a certificated facilitator of this amazing work.

Cost: 1 Day experiential workshop £60

Payment: Cheque or Cash only - (Sorry no credit card facilities)

Deposit: £30 *Please Note: Deposits are non-refundable – at discretion of trainer.
Deposits may possibly be transferable in 'special' circumstances.*

Balance: 2 weeks prior to event

Booking: Please complete this Registration Form (overleaf) and return to Jackie Turner (see address overleaf).

PLEASE REMEMBER TO BRING WITH YOU

- (1) **SOMETHING TO LIE ON** (duvet/sleeping bag/yoga mat) FOR YOUR OWN COMFORT
- (2) **AT LEAST THREE PILLOWS**
- (3) **ONE OR TWO BLANKETS TO KEEP YOU WARM**
- (4) **JOURNAL AND PEN FOR NOTE TAKING**

WE SUGGEST YOU DRESS IN LAYERS AS SOME PEOPLE RESPOND TO THIS PROCESS BY BECOMING VERY HOT OR MAYBE VERY COLD.

If you are travelling by public transport, please bring with you what you can. We have a small supply of spare blankets and pillows, but not enough for everyone.



REGISTRATION FORM

LIFE-CHANGING BREATHWORK

Experiential 1 Day Workshop

Venue:

Date:

(1) Name:

(2) Address:

(3) Phone:

Mobile:

(4) Email:

(5) Do you have any Special Dietary Restrictions?

(6) Payment by cheque or cash - Deposit: £30.00 Full Payment:: £60.00

Register by: Returning booking form to Jackie Turner

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

Email: Positively.Me@BTOpenworld.com Tele: 0121 550 4234

PLEASE REMEMBER TO BRING WITH YOU

- (1) **SOMETHING TO LIE ON** (duvet/sleeping bag) FOR YOUR OWN COMFORT
- (2) **THREE PILLOWS**
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BE PREPARED FOR AN AMAZING DAY !

