

LIFE-CHANGING BREATHWORK

EXPERIENTIAL 2 Day Workshop

PART 1 FACILITATOR (Certificated) TRAINING

Dates:
Sat - 9:30am - 5:30pm Sun 9.30 a.m. – 4.30 p.m.

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

This 2 day workshop will give you a brief background to Life-Changing Breathwork and some of its benefits. We will experience 2/3 sessions of this amazing life-changing intensive circular breathing process (which ends with a time for meditation), a quick breath technique for every day use, a 'Life-Changing' breathing meditation and positive affirmations. We close on Sunday with a powerful visualization process. 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 weekend, which is completely experiential, is for people who REALLY want a breakthrough in some area of life. It is also Part I for those who want to train as practitioners of this powerful set of techniques. It is available to anyone, so please pass on the information to others interested in transformation.

Upon completion of this 2 day Experiential/Part I Life-Changing Breathwork, you will receive a Certificate to confirm that you have undertaken this work.

Cost:	2 Day experiential workshop only	£150
	2 Day Part I Training	£180

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

Deposit: £50 *Please Note: Deposits are non-refundable – at discretion of trainer.
Deposits may possibly be transferable in 'special' circumstances.*

Balance: 2 weeks prior to event - or in stages (*Speak to Jackie*)

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 Workshop and/or *PART I TRAINING**
(* Please delete as appropriate)

(1) Name:

(2) Address:

(3) Phone:

Mobile:

(4) Email:

(5) Mode of transport:

(6) Do you have any Special Dietary Restrictions?

(7) Payment by cheque Deposit: £50.00 Full Payment:: £.....

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

Venue: To be confirmed

Accommodation: To be advised once venue has been confirmed

PLEASE REMEMBER TO BRING WITH YOU

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

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BE PREPARED FOR AN AMAZING TWO DAYS !

