



HEARTSPACE SANCTUARY PRESENTS

Transformational Breath®

Introductory Workshop

“Discover how your breath can transform your life”

March 29th March 2015

7.00pm to 9.30pm – All Welcome



Slí na Bandé, Newtownmountkennedy, Co. Wicklow, Ireland

Michael Blake & Claire Haugh of HeartSpace Sanctuary, Galway

present this Introductory Workshop and offer you an experience of the self-empowering tool that is Transformational Breath®.

This informative evening will include:

Breathing Analysis Demonstration & Full One-Hour Breathing Session

Feel the transformative power of your breath:

PHYSICAL

Open your Breathing Pattern

- Learn to breathe fully & freely.
- Be in the flow of life...!

MENTAL/EMOTIONAL

Integrate your Subconscious

- Transform thoughts and feelings.
- Open to Love and Joy...!

SPIRITUAL

Connect with your Higher Self

- Access higher levels of awareness.
- Express yourself from your Soul...!



Transformational Breath® was co-founded by Judith Kravitz (USA). Author of *Breathe Deep, Laugh Loud*, she has advanced the field of Breathwork for over 30 years, for our own health and wellbeing.

Michael and Claire trained in Italy with Indalecia Rohita Ziritt (centre of photo) and also in the USA with Judith Kravitz.

**To enquire or book, please email: yogaclaire@yahoo.com
HeartSpace Sanctuary www.heartspace.ie**

**Note: Personal Trainings in Transformational Breath®
will be available in Ireland in April and May 2015**

“Huge releases of old patterns and thoughts. I feel so good having released so much.” *A.H., Tipperary*

“I healed an incident from my childhood that came up very vividly during the breathe.” *A.D., Dublin*

“I learned some exercises on how to improve my breathing, to feel more relaxed and to have more energy and clearance inside me.” *D.B., Galway*

“I had what I would call a really spiritual experience.” *E.J., Dublin*

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