



LETTING GO WITH TRANSFORMATIONAL BREATHING

A ONE DAY WORKSHOP in collaboration with The Green Bough

FREE YOURSELF FROM LIMITING BELIEFS

Do you:

- ✦ Feel stressed out?
- ✦ React to external stimuli?
- ✦ Have busy thoughts when trying to sleep?
- ✦ Find it hard to make changes?
- ✦ Feel depressed?
- ✦ Feel like life is a struggle?
- ✦ Repeat unwanted behavior patterns?
- ✦ Feel stuck?
- ✦ Find it hard to manifest?
- ✦ Feel like there is a heavy weight on your shoulders?

As a Result You Can Expect to Have:

- ✦ Have more physical & mental energy.
- ✦ Relief from stress.
- ✦ Effortless manifestation.
- ✦ Feel lighter and freer.
- ✦ Fewer struggles in life.
- ✦ Relief from emotional & physical pain.
- ✦ Feelings of rejuvenation
- ✦ More laughter and happiness

- ✦ Improved sleep.
- ✦ Freedom from addictions and compulsions
- ✦ Enhanced connection to Source.

In this workshop, you will:

- *Let go of restricted breathing patterns.*
- *Release unwanted beliefs and thoughts.*
- *Cut energetic cords which hold you back.*
- *Cleanse your aura.*
- *Experience two facilitated breath sessions.*
- *Participate in three intention setting mini breathes.*
- *Experience two inquiries/meditations.*

“One Transformational Breathing Session is equal to about two years of psychotherapy.”
- Dr. Henry Rohrberg, M.D.

Saturday, January 10, 2009, 10:00 AM-5:00 PM, Cost: \$135

**Hosted by Murrysville Healing Arts,
4222 Old William Penn Highway, Murrysville, PA 15668
724-327-0025 www.MurrysvilleHealingArts.com**

Pat and Dave Krajovic have been doing healing work since 1998 when they founded BodyWorks Healing Center. Dave and Pat are Certified Transformational Breath Facilitators and Senior Trainers for the Transformational Breath Foundation. They have taught Transformational Breathing in Mexico, Europe and across the United States. As Nationally Certified Massage Therapists, they have also taken advanced training in a number of healing modalities including Neuromuscular Therapy, Esoteric Healing, Pranic Healing, and Cranio Sacral Therapy where they are teaching assistants for the Upledger Institute. They practice out of their center in Plymouth, MI and are available for workshops and speaking engagements on a variety of subjects.

CALL BODYWORKS FOR INFORMATION & TO SIGN UP: 734-416-5200

