

# Yoga Meets Breath

Peace + Stillness + Abundance + Joy

*No previous  
Yoga or  
Breathing  
Experience  
Required*

*"The breath is the gateway between the visible and the invisible world." - Babaji*



*Who are you?  
What drives you?  
Are you living the life you want?  
Are you experiencing your life's passion?*

**OR**

*Is your Life stressful? Are you in a rut?  
Quick to anger? Out of Control? Is life just passing you by?*

*"There is a thread from  
the heart to the lips  
Where the secret of life  
is woven.  
Words tear the thread  
But in silence  
The secrets speak."  
~Rumi*

## Reclaim Your Life!

When you open your breath you open your life to joy and abundance. The breath is a metaphor for how you live your life. Free the breath and you capture the essence of your true nature. You will experience the joy of living your life, rather than life living you!

This unique and exciting one day program of rejuvenation offers the following:

- Transformational breathing introductions and facilitated sessions
- A blend of yoga and mudras to support and enhance the breath sessions
- Deep periods of meditation, movement and breath
- Access inner stillness
- Open to a deep sense of "knowing"

### **Special Offer:**

#### **Transformational Breathing Intro Workshop Discount**

Attend the Yoga Meets Breath workshop and receive a coupon for a discount to attend a Transformational Breathing Introductory Workshop.

You can expect several periods of breath, yoga, and meditation. You do not need to have any previous yoga or breathing experience. This workshop is open to beginning and advanced breathers as well as yoga practitioners or all styles and experience.

Join us to experience the profound energy that is your breath! **Sat, Oct 4; 9:00 AM-5:00 PM**; Join us for **Yoga Meets Breath** at The Green Bough, Irwin, PA \$135 for the full day ... but call **Now** to **Save** on our **Early Bird Discount** **Save \$20** if you register by Aug 31. **Save \$10** if you register by Sept 15. Hurry as space is limited: 734-416-5200.

If you only have a little bit of time, come for either the morning or afternoon and pay just \$75.



**Pat and Dave Krajovic** have been in the healing arts since 1998 when they founded BodyWorks Healing Center. They are Certified Transformational Breath Facilitators and Senior Trainers for the Transformational Breath Foundation. They have taught breathwork in Mexico, Europe and across the United States. Their mission is to bring the power of an open breath to those who seek to connect with their true, essential nature and inspire others through the knowledge and experience of Transformational Breathing to deeper HEALTH, HAPPINESS, WELL BEING and SELF AWARENESS.

**Jacqui Magon M.D.** is a holistically trained physician and a practitioner of Ayurvedic medicine. She is a yoga instructor, a practitioner of Phoenix Rising Sun Yoga and Thai Massage. She is also an avid breather.

[www.bodyworkshealingcenter.com](http://www.bodyworkshealingcenter.com)

734-416-5200

[info@bodyworkshealingcenter.com](mailto:info@bodyworkshealingcenter.com)