

Rise Up! Center Presents

TRANSFORMATIONAL BREATH®

INTRODUCTORY WORKSHOP

Experience the benefits and application of a full, deep, connected Breath.

Eliminate restrictive breathing patterns, clear the subconscious and connect more fully with one's Higher Self.

Begin to heal yourself, physically, mentally, and emotionally.

Live fully. Be Joyful.

30 Riverview Mill
#30
Wilton, NH
Saturday, October
13, 2018
10 to 12:30pm
\$45 by 10/12
\$50 at door

Claire Franck, is a Certified Transformational Breath® Leader. For over 43 years, she has supported others in their healing process through therapeutic massage, Process Acupressure, Qi Healing, Plant Spirit Medicine, Life Coaching, including different breathing practices. In early 2016, she discovered the most powerful breathing practice she had ever experienced. Claire saw how one's breathing pattern is directly related to how a person shows up in life. It is her mission to bring this self healing modality to as many people as possible to support them in finding more love, joy and peace in their life.



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Bring 2 pillows, water bottle, blanket, and mat to lie on.

www.transformationalbreath.com

