



Transformational Breath® Workshop with *Mary O'Dwyer*



*Do you find yourself stuck in the same old patterns and habits-
Failing to speak up for yourself?
Saying yes, when you really mean no?
Bottling up emotions until you explode?
Feeling unfilled and wondering why ?*

This was me until Transformational Breath®- a tool to release emotional wounds and limiting beliefs, empowering us to become who we want to be and go where our purpose lies.

Breathe

*Saturday
November 4th
from 1.00-3.00 pm
at Ishvara Yoga*

Suite 101, 29940 Hunter Rd., Murrieta CA 92563

**Cost \$30
at the door
or
\$25 Before
October 31st**

Join me for this workshop
Be prepared to shift old beliefs,
transform buried feelings and
embrace your full potential.
Amaze yourself.



Bring a pillow, blanket, water and wear comfy clothing.

Register call Mary at 951-375-6425 or www.isvara-yoga.com

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