

A TRANSFORMATIONAL BREATH® WORKSHOP

SEPTEMBER 30, 2017
2 -4 PM

Melt
Stress!

Discover How Breath is the Key to Personal Transformation.

This workshop includes a full hour of facilitated breathing!

Experience The Benefits Of A Full, Deep Connected Breath...

Relieve Stress

Heal Relationships

Heal Yourself, Physically, Mentally, Emotionally

Be in the Flow of Your Life, Love and Joy

Deepen Your Spiritual Connection

"One Transformational Breath session is equivalent to about two years of psychotherapy."

~Dr. Henry Smith Rohrberg

Registration Link & FMI:

<https://goo.gl/LcUCax>

Registration \$45

Space is limited.

Bring a water bottle and a pillow. Wear loose clothing that doesn't restrict your breathing.



Grace Bryce, MH, CNHP, CTBF is a certified Transformational Breath® Facilitator, Trainer and Ordained Minister. Grace is passionate about helping people become healthier, happier and more peaceful through Transformational Breath®.

9ROUND™
30 MIN KICKBOX FITNESS

4631 Airport Blvd #119

Austin, TX 78751

512-792-4224

9round.com/CentralATX

1st workout is free!

FMI: *Gracie's Garden, LLC* 512-818-7857 info@graciesgardentx.com

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