

WEEKLY TRANSFORMATIONAL BREATH SESSIONS

with *Transformational Breath*® Trainer Kathy Smith, ND

CHANGE YOUR BREATH....CHANGE YOUR LIFE

Results that last a lifetime.

- Transformational Breath works on the physical, emotional, and spiritual levels to support healing, clarity, and personal growth.
- It can help release stress, anxiety, grief, trauma, and other experiences that may still be affecting your life.
- Because this work goes so deep, many people experience meaningful shifts in just one session.

UPCOMING GROUP TRANSFORMATIONAL BREATH SESSIONS

May 19 - 6 p.m.

May 25 - 10 a.m.

\$45

**For more information or
to register, please call Kathy:
609-204-4420**

EGG HARBOR TOWNSHIP, NJ

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