

WEEKLY TRANSFORMATIONAL BREATH SESSIONS

with **Transformational Breath® Trainer**

Kathy Smith, ND

Treat yourself to an incredible and life changing experience by participating in a Transformational Breath Session.

Transformational Breath is a powerful modality that works on 3 levels: *Physical, Mental/Emotional, & Spiritual*; bringing about great changes in one's life - anything from a physical healing, mental/emotional clarity, healing anxiety, resolving grief or trauma, or any un-integrated experience that may still be affecting your life in a negative way.

Because this technique works so deeply, you may accomplish in one session what ordinarily could take years in cognitive therapy.

Leave feeling recharged, joyful, excited to be alive, and looking forward to your next life experience.

UPCOMING GROUP TRANSFORMATIONAL BREATH SESSIONS

\$49

Monday, November 25, 2024 - 6 PM - Open to All

Monday, December 9, 2024 - 6 PM - Open to All

Tuesday, December 17, 2024 - 6 PM - Women's Group

Egg Harbor Township, New Jersey



Now also offering:

YOGA Class - All levels **\$20**

Thursday, December 5 & Thursday, December 26 - 6-7 PM

TO FIND OUT MORE OR TO REGISTER, PLEASE CALL KATHY: 609-204-4420

WWW.KATHYSMITHND.COM