

WEEKLY TRANSFORMATIONAL BREATH SESSIONS

JANUARY 2026

Treat yourself to an incredible, life-changing experience!

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.

NEW!! Choose a \$29 or \$49 session

\$29 classes can have up to eight participants and \$49 sessions are limited to four participants

Sessions Schedule

6pm Friday, Jan. 9 - \$29

10am Wednesday, Jan. 14 - \$49

6pm Thursday Jan. 22 - \$29

10am Tuesday Jan. 27 - \$49

Egg Harbor Township,
New Jersey



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

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