



# Transformational *Breathing*

Changing The World One Breath At A Time

*Be the healthiest you've ever been*

*Feel completely energised*

*Move beyond whatever is standing between you and your happiness*

*Become aware of emotions halting your personal growth*

*Experience deeply nourishing peace and relaxation*

*Release anxiety and alleviate depression*

*Understand the nature of spirit*

*Let go of emotional baggage permanently and easily*

*Develop a new dimension to your yoga and/or spiritual practice*

*Open your breath and expand your life*