



**ALAN DOLAN OF WWW.BREATHGURU.COM INVITES YOU TO EVOLVE, KENSINGTON'S
NEW HEALTH AND WELLNESS CENTRE, TO EXPERIENCE THE LATEST IN STYLE
THERAPY, TRANSFORMATIONAL BREATHING**

THURSDAY 30th SEPTEMBER 2010

BY APPOINTMENT ONLY

To celebrate the new **BREATHING SPACE RETREATS** from www.breathguru.com we invite you to experience a free private session with Alan Dolan who will introduce you to the amazing wonders of Transformational Breathing™ Therapy. The benefits of this mind blowing breathing technique see you:

Raise your energy, eliminate tiredness, improve circulation

Ease anxiety allowing you to feel completely relaxed and grounded

Start and continue the day in a relaxed, centred state of mind

Super-oxygenate your blood to boost the immune system

Develop a healthy relationship with yourself and others

Experience greater self-awareness beyond physiological form

Break through emotional barriers and unleash your true potential

Revitalise your entire being

Your private session with Alan will give you the tools to practise this simple, revolutionary breathing technique at home and be complimented by some light acupressure which will be applied to help deepen your overall experience

Private appointments available (all 2 hours including time for q and a)

10pm

12pm

2pm

4pm

Please email aimee@fitpr.co.uk to confirm your preferred time

Transformational breathing works by flooding the system with oxygen utilising 100% of the respiratory system. This creates greatly heightened levels of energy within the body and allows the body's own healing systems (often depleted) to bring about physical, emotional and or psychological healing as well as facilitating openings to higher levels of consciousness. Alan works from Lanzarote and offers workshops and private sessions in London on a bi monthly basis.

**"Alan is a master practitioner of breath therapy"
The Barefoot Doctor Ibiza/London**

"This takes you somewhere else – the avatar of therapies" Ben Hurley, designer, London

To learn more about these life changing vacations please contact us directly on

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www.breathguru.com

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