

## SPACE TO BREATHE

Transformational Breathing, the latest 'turbo therapy'  
on the island of Lanzarote

Alan Dolan, of [www.breathguru.com](http://www.breathguru.com), one of the UK's leading facilitators of Transformational Breathing, is now offering retreats in Lanzarote to experience this phenomenal therapy.

Transformational breathing is the latest 'turbo therapy' taking the UK by storm. It 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 offers workshops and private sessions in London on a monthly basis and says:

"Having the Breathing Space Retreats in Lanzarote provides a great way to integrate changes brought about by daily breath sessions. Rather than taking a crowded tube or dealing with traffic jams post-session clients take advantage of the powerful energy of the 364 volcanoes on the island, fantastic beaches, gorgeous weather and awe-inspiring landscapes. I think of Lanzarote as the 'other therapist' in the equation and have begun to refer to it as 'the Magic Island'. Not so much rabbits and hats but peak experiences and life-changing results".

"This technique is truly remarkable and the most inspiring and profound therapy I have ever come across. The level of relaxation I experienced was remarkable. I've recommended Alan to my colleagues so watch this breathing space! Ben Davey, Publishing Director

TB differs from yogic breathing techniques (pranayama) by using the respiratory system to the max. Yogi's have been blown away by intensity of the technique claiming it to be a 'Pranayama for 21<sup>st</sup> Century' (Yoga magazine, October 2006).

Hundreds of people in the UK and thousands worldwide are now using this technique on a daily basis to expand and maximise their energy levels, connect with the feelings of deep relaxation, clear emotional baggage and

connect with their highest potential....Breathing Space holidays are set to be the ultimate destination for 2010.

Alan visits the UK on a monthly basis to offer private Transformational Breathing sessions and workshops at The Special Yoga Centre, Kensal Rise, London and offers the Breathing Space holidays from Lanzarote all throughout the year.

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

### BREATHING SPACE HEALING HOLIDAY

1 night 295.00  
2 nights 395.00  
3 nights 495.00  
4 nights 595.00  
5 nights 675.00  
6 nights 750.00  
7 nights 800.00

Add 90 Euros per day for business executive intensive (twice daily one to one sessions)

Prices include accommodation overlooking beautiful gardens private pool and volcanoes, private consultations, a breath session everyday, airport transfers and a FREE ticket to the most heavenly place on earth!

Ryan air fly from 9 UK airports to Lanzarote on a daily basis

**'More than a detox, it's a soul tox - the peak experience is YOU'**

To learn more about this life changing vacation please contact us directly on  
[info@breathguru.com](mailto:info@breathguru.com)

Press enquiries please call  
Aimee Hartley at  
[www.fitpr.co.uk](http://www.fitpr.co.uk)  
on 07826205163

All private appointments are held in London and subject to availability

[www.breathguru.com](http://www.breathguru.com)

Alan Dolan, Transformational Breathing Facilitator offers Breathing Space Retreats in Lanzarote. He's holds private sessions and workshops on a monthly basis in London, Scotland and Ireland.

[www.fitpr.com](http://www.fitpr.com)

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