

TRANSFORMATIONAL BREATH®

Transformational Breath® Seminar – level 1,2 and 3

We are so happy to have the Transformational Breath® Seminar . This Seminar presents the finest tools, transformational skills and techniques to facilitate your rapid realization of higher consciousness. This transformed consciousness is what will create a more joyful and abundant life for you.

During the Seminar, we will have two breath sessions a day, introduce Byron Katie's work with freedom from judgments, practice Eckhart Tolle's Power of the Now, journey with guided meditations, and Michael Brown's Presence Process. We will also work with toning and sound healing, explore the body with body mapping and meditational movement, advanced higher chakra breaths and many more exciting adventures. We will experience underwater, partner and mirror breathing sessions in the final days of the Seminar. You will soon find your world filled with more inner peace, balance, stability, clarity and joy.

You will also have the opportunity to pre-register for the next Program Level 4A for Professional Training, if you choose, and have not yet done so. Prepare yourself for a powerful and transformational experience where life becomes a joyful dance of self-realization, self-empowerment and service. If you have any questions or would like our support in any way, please contact us. We believe this program will inspire some of the most profound and exciting experiences of your life, as it has done for so many. This seminar will be led by Transformational Breath® seniortrainer Linnea Beek Hansen.

"This is without a doubt the best investment in myself that I have made. It has been overwhelming to experience how effective the breath is both physically and psychologically. I came with long-term stress that had developed into deep discouragement and a lurking depression, but have returned home light and happy with inner harmony, optimism and exuberance. Simply amazing! I recommend anyone who needs a "reset" to attend this six-day Transformational Breath® seminar with Linnea Beek Hansen." Woman, 50 years, Adm. Manager

Location: Smedens Ager 23, Nørup, Bredsten 7182, Danmark

Organizer: Dreams & Breathwork w/ Linnea Beek Hansen, +45 22 66 21 64 / linnea@breathwork-denmark.com

Price: Contact for price

Bring: 2-3 blankets, sleeping mat, we recommend loose clothing. If you are on a bicycle, you can borrow equipment.

Registration: Register by emailing linnea@breathwork-denmark.com with your personal information.