

# 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 and assisted by facilitators.

### **Location:**

Ådalen, Kirke Hyllinge, Zealand

### **Organizer:**

Dreams & Breathwork w/ Linnea Beek Hansen

+45 22 66 21 64 / [linnea@breathwork-denmark.com](mailto: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](mailto:linnea@breathwork-denmark.com) with your personal information.