

Soul Breathing™ Discovery

with **Robert Winn** founder *Spirit in Motion*

Emotional Freedom, Ease, Beauty & Soul Connection

Do you ...

- feel stressed? anxious? overwhelmed? stuck?
- wish you had more energy?
- want more health and happiness? Look and feel better?
- want more vitality and joy?
- desire more loving relationships?

Free your breath! Heal yourself! Transform!

Breath is the Infinite Intelligence of Spirit moving through the body. This dynamic and profound breath process quickly opens up your constricted breathing. 70% of bodily toxins are eliminated through breath. You release old emotions and self-restricting life patterns. You directly feel your connection to Source. You breathe love & joy into your heart and soul.

Breathe Fully to Live Fully!

Highly Experiential Workshop includes:

- Facilitated Soul Breathing session using deep, conscious, connected breathing process, music, sound healing, affirmations for body-mind-spirit integration.
- Understand why and how your breath is blocked.
- Open up constricted, shallow breathing.
- Release stress and old suppressed emotions
- Feel eternal life force, love and joy in your body.
- Take-home breath practice

“When your breath is full, free, relaxed and flowing, your life is, too.”

Soul Breathing Discovery Workshop

Sunday, Sept 4 2 – 5 pm Fee: \$55

Location: Sat NamYoga, 333 Mt Cliff Rd, Hurleyville, NY 12747

Pre-Register: Marilyn Gitanjali Valant 845-866-3063 or marilyn@satnamyogaspa.com

Bring mat, blanket and 2-3 pillows for lying comfortably on the floor; and water.



Robert Winn is a Transformation Catalyst: an expert in consciousness and body- mind-spirit integration. He guides you to let go of who you *think* you are and awaken who you *really* are: to live from your soul level. He is a gifted breath facilitator, sound healer, soul coach and teacher of primordial sound meditation. He helps people authentically express themselves and co-create loving, sustainable relationships.

774-323-7272

www.soulbreathing.com

"How you breathe is how you live."