

# Transformational Breath® Workshop

Discover how breathing is key to your personal transformation

## **ELIMINATE RESTRICTIVE BREATHING PATTERNS**

Learn to breathe more openly and efficiently. Be in the flow of life

## **CLEAR the SUBCONSCIOUS**

Breathing transforms negative thought patterns allowing for more expression of love & joy

## **CONNECT MORE FULLY WITH YOUR HIGHER SELF**

Access higher levels of consciousness. Express from the level of your soul

Experience the benefits and application of a full, deep, connected breath.

Relieve stress ... Heal relationships.  
Heal yourself - physically, mentally, emotionally.  
Live fully. Be joyful. Make your own personal connection with spirit.



**Helle Thomson**

**Transformational Breath® Senior Trainer, Yoga teacher and Energy worker.**

Helle has been called "a bringer of light, when it is dark". She is known for her wise, empathetic, and caring style of teaching. Helle's passion is to support you back to your authentic self of strength, health, peace, and joy.



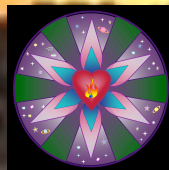
**Line Bork**

**International Life Coach, Breath Facilitator**

Line teaches with exceptional skill, love, and humour. Line's passion is guiding you to a life of balance, harmony, and self realization.

March, 5<sup>th</sup> 2016, 2pm-5pm - \$65

Tauranga Yoga Centre  
173 Elizabeth St. West  
Tauranga



For registration:

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