



# An Introduction to Therapeutic Breathwork

**Friday, September 15, 2018  
7:00pm-9:30pm  
at The Center for Movement  
Weymouth, MA**

Did you know that the way you feel in your day-to-day life directly correlates with how well you breathe? Are you breathing a full, open healthy breath?

Breathwork helps you...

- Raise your energy level
- Reduce the impact of stress
- Have more mental clarity
- Awaken your passion
- Increase detoxification
- Improve your immune system
- Deepen your relationships
- Improve the quality of your sleep
- Bring more health and joy into your life!

Join Tara as she guides you through the powerful and profound experience of conscious, connected breathing that will lead you to a healthier breath pattern... a healthier life pattern. This 2 ½ hour workshop includes a breath awareness exercise, lecture, facilitated breathwork session and debrief/question- answer time.

\$75; To register, please visit [www.paypal.me/BreathAwakening/75](http://www.paypal.me/BreathAwakening/75)  
or call Tara at 781-724-6510