

Transformational
Breathing
Techniques
with
Tracey Stover

Saturday February 9th

at

Akal Yoga

141 W. Jackson Blvd.

Suite 750

Chicago, IL

(312) 303-0090



Tracey Stover, MA, is a senior trainer with the Transformational Breath Foundation. She travels nationwide giving breath seminars and workshop intensives; she holds ongoing women's groups and works with a variety of special interest groups. Over the past 15+ years, Tracey has studied a variety of spiritual practices and energy modalities: including Reiki, Chi Gong, Yoga, CDM Psychic Institute, Matrix Energetics, Ho'oponopono and Tibetan Buddhism.

COME EXPERIENCE
THE JOY AND HEALING POWER
OF YOUR BREATH

Are you feeling stressed, would you like to respond to life instead of react, would you like to deepen your awareness while doing an asana? This is the power of working with your breath. Transformational Breathing not only takes you into the subconscious in order to clear what is blocking you from being peaceful and intuitive, it also intends to empower you with tools to work with your breath pattern on a daily basis for presence. Come learn how to work with your breath for health, wholeness, vitality and peace. If you want to augment your personal breathwork practice, transformational breathing is a self-empowering healing tool that is available to any of who are breathing.

Breath Workshop: Saturday Feb 9th, 1 to 5 p.m.

All are welcome! Breath opens us to experience our deep, inner peace and joy, health and vitality. This workshop intends to support people who have done some breathwork and those who are curious. Enjoy a breath session in the intimate setting of a small group, learn how to work with your breath pattern and explore breath exercises that increase focus, strengthen the diaphragm and clear the body. The ability to balance the body - mind connection is yours, and the vehicle is the breath. Come play for half a day and see what it is all about. **Cost: \$125**

Attending a private session is very helpful before taking this workshop. Spaces in workshop are limited to 12.

Private Sessions: Tuesday Jan. 29th- Sunday Feb. 10th

Location: 400 E. Randolph #3135, Chicago.

12 - 2

2:30 - 4:30

5 - 7

All are welcome! This is a wonderful way to learn more about your breath pattern, and make substantial shifts based on your intention.

Private sessions: \$170 for new clients (2 hr session);

\$150 for consecutive sessions (1.5 to 2 hrs)

For more info, see Tracey's website: breathnorthwest.com.

Or contact Tracey at soliel33@hotmail.com or 231- 350-3745"

How you breathe, is how you live, how do you want to live?

**Preregistration is required for all breathwork, workshops to be paid in advance, space is limited.
Attending an introduction or private session is a prerequisite for joining the workshop. Peace & Joy!**

Name: _____

Registering for:

Email: _____

Phone: _____

Saturday Breath Workshop \$125

Akal Yoga 141 W. Jackson Suite 750 Chicago, IL (312) 303 - 0090