

BREATHE

My Breathe Classes are more relevant today than ever. Online, in the comfort of your own home, you can learn to

- Stand Tall
- Find your centre
 - Express your authentic Self
 - Create more love and peace
 - Experience the Divine Within
 - Get rid of old, outdated habits
 - Reduce physical pain and discomfort
 - Become free to express more of yourself

The Breathe class delivers on all of the above and more. Miss an evening? Catch it the following month. Repeaters attend for free. Classes will continue online indefinitely.

Sign up by sending me an email with the month you want to attend, your name and contact info (phone and email please) plus an e transfer.

<i>FEB/MAR</i>	<i>28, 1, 2, 3, 2023</i>	<i>7 - 7:30 PM Tue/Wed/Thu/Fri</i>	<i>\$200</i>
<i>MAR</i>	<i>28, 29, 30, 31, 2023</i>	<i>7 - 7:30 PM Tue/Wed/Thu/Fri</i>	<i>\$200</i>
<i>APR</i>	<i>5, 12, 19, & 26, 2023</i>	<i>7 - 7:30 PM Wed's</i>	<i>\$200</i>
<i>MAY</i>	<i>10, 17, 24, & 31, 2023</i>	<i>7 - 7:30 PM Wed's</i>	<i>\$200</i>

Each Class is 2 hours long consisting of 4 half hour meetings from 7 to 7:30 PM, on zoom.

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