

TRANSFORMATIONAL BREATH® GERMANY

BREATHING CLASS

"LIKE WE BREATHE, WE LIVE OUR LIVES"

MALLORCA, SUNDAY APRIL 07, 2018, 2 - 5 PM
CAL REEIT.COM | SANTANYI ♥ BY CHRISTINESCHMID.COM

"Find new approaches to your breathing.
Accept old structures. Release what holds you back.
Open your heart for your next steps.
Follow your path. Breathe, feel and live more intensive!"

DATE

Sunday April 07, 2018

Time 2pm – 5pm

Investment: 60,- EUR

Registration: mail@christineschmid.com

LOCATION

Holistic Retreat

Cal Reiet

Carrer de Cal Reiet 80

07650 Santanyi, Mallorca Spain

THE AFTERNOON

You will get an introduction / intensification and guidance from me on the Transformational Breath® method. The class is suitable for beginners and advanced participants. In a coaching - to find your intention, a breathing session, energy work and meditation, we will spend this wonderful afternoon together. You will learn to use the Transformational Breath® Technique as a tool for your everyday life. If you are already an advanced breather, this breathing session will allow you to go deeper into your consciousness of your breath. I am with you and support you with all my wisdom, knowledge and energy. We just practice where you stand in your life.

FYI

The Breathing Class will be held in english and german.

THIS CLASS HELPS YOU TO

- Release blocking tension
- Transform destructive structures
- Find deep relaxation of body, mind and soul
- Get the self-healing tool of breath
- Get a deeper and grounded connection inside of you
- Trust your creativity and intuition
- Feel more energy, joy and magic

WHAT IS TRANSFORMATIONAL BREATH®

TBr® Is a very effective method that initiates integration and healing on the physical, mental and emotional level. It has been developed by US-American Dr. Judith Kravitz

for more than 40 years and has been taught worldwide since then. The technique teaches to expand the breathing volume and to absorb significantly more oxygen in the "connected" breath and thus to supply more energy to all the cells of our body, to release tensions and resistance. The difference to other breathing techniques?! We work with body touch, a kind of acupressure technique, to restore a flowing energy flow.

ABOUT CHRISTINE

Breath Coach & Artist

Christine's passion is to give people inspiring impulses. She holds the space and is able to create a powerful room for development for her clients to go deeper into their heart desires and life purpose. Christine's philosophy "Just as we breathe, we live our lives!". As a Breath and Holistic Life Coach, she teaches people the Transformational Breath® method and supports them energetically in their change processes. She helps to gain clarity and make the personal life path deeper, balanced and more consciously. More Infos: www.christineschmid.com

WEBSITES

Holistic Retreat, Mallorca: <http://www.calreiet.com>