

*Sacred Rivers Yoga Studio presents...*

# **Transform Your Breathing** *into an* **Energizing Tool**

Want to replace stress with energy?  
Deepen your breathing on May 4th.

There is an abundant supply of positive energy in you, hiding-out just beneath the surface of that “stressed-out” feeling. Come and discover an amazingly powerful way to tap into that deep source. It’s called “Transformational Breathing”, and people the world over have been amazed and delighted by the “breathtaking” experiences they have...

**“Before today I did not even think there was a God. Now, I know God.”**

**~ Bojin, Boston, MA**

You’ll discover why and how your breathing became restricted in the first place. Then begin to transform self-limiting breathing patterns into the natural stress-reducing, energy-building tool your breath was designed to be.

**“Breath is the movement of Spirit in the body... If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There's no single more powerful practice than breathwork.”**

**~ Andrew Weil, M.D.**

You already know the importance of breathing in yoga practice. Now amplify the health benefits of deeper breathing by clearing the restricted breathing patterns that make yoga so challenging. This highly experiential workshop will include a full Transformational Breath session, with phenomenal music, emotional safety and mutual support. The benefits are enormous.

**“The workshop was an unbelievable experience. I had a major breakthrough. I gained so much - progress that I can see and feel deep inside - it can’t even compare to the price of the workshop. [Lois], you are an amazing presenter with a gift for touching people. You’re great at what you do.”**

**~ A. Hoskins**

## **Come breathe with us! Your yoga - your life - will never be the same!**

**Everyone is welcome, from beginner to expert.**

**Please bring a pillow, blanket, yoga mat, and water bottle. Wear comfortable loose clothing - avoid underwires and tight waistbands.**



*Lois Grasso*

...is founder and director of the OxyGenesis Institute, a non-profit dedicated to teaching personal energy management skills, such as Transformational Breathing, Emotional Freedom Techniques, Reverse Therapy, Laughter Yoga & Psych-K. As a professional speaker and trainer, her engaging presence and playful style make every event a uniquely fulfilling experience. Lois maintains a busy private practice as a Therapeutic Life Coach in Hartford.

**Sunday, May 4, 2008**

**2:00 - 6:00pm**

**Registration at 1:30pm**

\$55 in advance

\$65 at the door by 1:30pm

Limited Space. RSVP!

Sacred Rivers Yoga Studio

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For more info, go to:

[www.oxygenesis.org](http://www.oxygenesis.org) or

[www.sacredriversyoga.com](http://www.sacredriversyoga.com)