



# discover the most crucial tool for health and happiness!

## “RECLAIM YOUR BREATH”

Give yourself the gift of a day long experience of

## Transformational Breathing Presented by Laraine Gordon

**Date & Time:** Saturday, Feb 25<sup>th</sup> 10-1pm

**Location:** *Joshua's Place Southampton NY*  
*Lunch will be provided*

**Contact:** Laraine Gordon at 631 338 7258

**To Register:** Call, visit [LaraineGordon.com](http://LaraineGordon.com) or  
email [laraine@larainegordon.com](mailto:laraine@larainegordon.com) Cost  
\$125

### ➤ You will experience:

- breathing analysis
- education on this self healing technique
- experience a greater sense of self
- more energy and vitality
- Spiritual alignment and Transformation

### DYNAMIC TRANSFORMATIONAL WORKSHOP

Years of stress, fear and modern living cause our breathing to shut down and become restricted; thus limiting our life's vitality and health.

You will not only learn about your own unique breathing pattern, but what it represents in your life and behavior. Thus by learning to breathe differently significant changes occur in your being and experiences. Individual personal coaching allows you to reclaim your natural open flowing breath, which in turn allows you to reenter the synchronistic flow of life.

Once open, the breath then becomes a vehicle to transform suppressed negative material lodged in the subconscious. Ultimately, Transformational Breath creates openings to higher levels of consciousness and spiritual expressions.

This evening is a perfect way to learn about the many aspects of better breathing and the ways you can use your breath to enhance all areas of your life. Individual sessions are available following this afternoon workshop.

**Visit [www.LaraineGordon.com](http://www.LaraineGordon.com)**

Laraine Gordon is a Certified Transformational Breath Facilitator with a Masters Degree in Social Work. Learning the breath work is essential to improving health on an emotional spiritual and physical level. This self healing technique is taught to the individual to be used as a tool for a lifetime. Having worked for the last twenty years in the health services field, Ms. Gordon has extensive experience working hands on with people and helping them release unwanted stress and obstacles to living a fuller life with clarity and focus. I hope you will join us on this journey to self improvement and enhance self awareness.