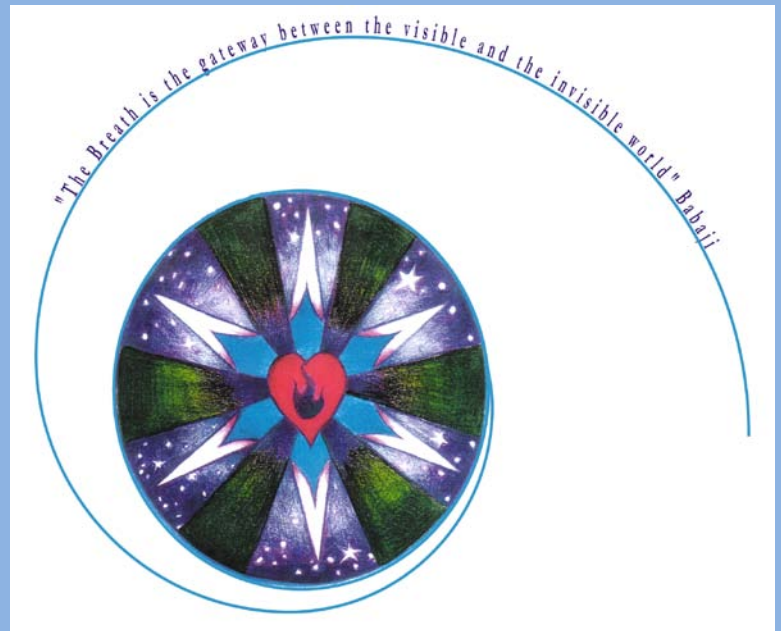


TRANSFORMATIONAL BREATH

Sanibel Yoga
2496 Palm Ridge Rd.
239-738-3856

Sunday, May 8 & 29
9:30-11am

1st timers - \$40.00
Returning Breathers -\$15.00/session



Your Breath is the most powerful tool you possess!

Life's stresses and traumas restrict our breathing patterns. It is said that how you breathe is a metaphor for how you live your life... Transformational Breath can naturally and easily accomplish in a short time what may take years otherwise.

70% - 80% of the body's waste products are released through your exhalation. You don't have to torture yourself with uncomfortable or unpleasant detox approaches. -You burn calories while breathing!

Experience how you can *Transform Your Life!*

-Instructor: Carrie Sopko

PLEASE BRING PILLOW, BLANKET, & WATER
FOR EXTRA YUMMY COMFORT

PRE-REGISTRATION ONLY, Please
239.738.3856