



TRANSFORMATIONAL BREATH & MEDITATION WORKSHOP

w/Carrie Sopko -(SY faculty member)

Sunday-November 27th: 10:00am - 12:00 noon
\$40-Pre-pay Registration Only

Discover the power of your Breath as you breathe yourself into deep states of altered consciousness while creating profound shifts and healing in all aspects of your life. Learn how you can easily reach that meditative state that you dream of. Raise your physical, mental, emotional and Spiritual, vibrations in one hour!

Will include:

- Lecture with Q & A
- One hour breathing/meditation session (w/ optional sharing of your experience.)

Please Bring: Blanket, pillow and water for your comfort



Carrie is Reiki Master, Certified Transformational Breath Facilitator-Counselor, and Spiritual Response Therapist. Her work focuses on the positive. The modalities she performs and teaches gently release the energies that keep us from being our fullest expression of Self. More energy, vitality, clarity, love, joy, peace and higher levels of awareness are yours to be had. Carrie provides a loving environment to help you obtain a higher state of being, and learn how to maintain this in your life.