



28th January 2023
Mullumbimby Area

Holotropic Breathwork
8am to 8pm

We are delighted to invite you to join us for our first day of Holotropic Breathwork™ for 2023. The venue will be in the Mullumbimby area and the location will be sent prior to the workshop. A day of self-exploration in a safe and nurturing space with *Holotropic Breathwork™* facilitators

Martha Calhoun and Naatyn Taranto

Holotropic Breathwork™ is a powerful approach to self-exploration and personal empowerment that relies on our innate inner wisdom and its capacity to move us toward positive transformation and wholeness. Breathwork can play an important role in personal and collective transformation. This method is a powerful approach that combines breathing, evocative music, and release work to access non-ordinary states of consciousness and to explore the deeper dimensions of the psyche.

Breathwork can lead to the healing of previous emotional or physical trauma, reduction in anxiety and stress, amelioration of symptoms of depression, emotional expression & release and creative inspiration. Many people also report that it helps them connect to a deeper feeling of meaning and purpose in their lives, as well as a greater feeling of authenticity in their daily life.

Early Bird/concession \$350 to be paid in full by 13th January 2023.

Full Fee \$400.

There is a work/study subsidy available by application only. Please contact Martha or Janine for further information.

Bookings Essential.

Conditions apply: Subject to assessment re contraindications the workshop is open to anyone interested in this practice to do their deep inner exploration.

For further information and booking details please contact one of us.

Martha on 0429492945.

Email martha@journeylines.com.au

Naatyn on 0431898292.

Email ohanaconnections@outlook.com