

*“Heal the Physical -- Clear the Emotional –
Access the Spiritual Self –
Develop Breath Awareness; Understand the Power of
Breathing and discover why Breath is the Key to True
Healing!”*

Ask Breath Dynamics to provide
Workshops or Introductory Talks
at your Sports Club, Spa,
Workplace, Church, Yoga Studio,
Community Center

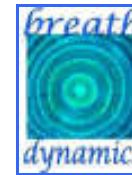
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About Breath Dynamics

Transformational Breathing™ Yoga Instruction

“... Discover the Key to True Healing ...”

Breath Dynamics is owned and operated by Stephen Gooby. Breath Dynamics travels around the United States to conduct **Transformational Breathing** Workshops and similar Breathing Events. Our Mission: To expand Transformational Breathing and **Yoga** throughout the entire Country and the World, helping to facilitate Self-Healing in all those interested in Conscious Breathing.

About Transformational Breathing

Transformational Breathing (TB) is a powerful self-healing modality which utilizes high vibrational energy generated by special breath techniques. This energy is directly responsible for the cascade of healing effects experienced. NO claims as to specific disease conditions need be made though. In all sessions, the client IS the healer. Breath Facilitators are there to guide the session and achieve whatever goals the client wishes to work toward. TB works on 3 inter-related levels of Self. All of these may be addressed with just one simple tool – Your Breath!!

The Physical Level -- We work to open up the breath, the physical restrictions, and increase our lung capacity and oxygen volume moving into the body. This yields many health benefits from a physical perspective ranging from increased energy, detoxification, reduced tension and relief of many conditions. The healing effect is non-specific.

The Mental / Emotional Level -- The high vibrational energy from the breath technique clears low-density, sub-conscious, negative energy patterns (trauma, deep repression, thought-forms, present day patterns, past life issues, physical conditions etc.), and transforms them through an "Entrainment" effect to a higher and lighter vibration. This, in effect, clears the pattern - and it does so PERMANENTLY!

The Spiritual Level -- When we make room by clearing negative energy patterns, this allows space to connect with Spirit, to align oneself with one's True Nature or Divinity. People may report mystical experiences or simply a greater awareness of the Higher Self. They often feel a greater sense of Love and Joy in their Being after the session.

Breathwork Offerings

Introductory Breath Workshops These workshops introduce Transformational Breathing concepts, how they can benefit your life and also offer the experience of exercises and a 60 minute breathing session.

Group Breathing is a 90+ minute session with 60 minutes of facilitated breathing. These are stripped of the theory and practical exercises found in the Workshop. They lend a beautiful community feeling to the event and are open to those who have attended our Introduction.

1 Hour Introductory Talks on Transformational Breathing. These provide basic information about the modality and a Mini-Session so that participants can get a taste of the power of Transformational Breath.

Private Sessions are also available when one prefers more concentrated attention during the 60 minutes of breathing.

Personal Training Weekends and **Special Events** can be arranged.

Yoga Instruction

Taking an Interdisciplinary approach to Yoga, our Yoga is really "Your Yoga". The influence of different Yoga forms is evident in the postures and flows (Asana and Vinyasa). Pilates and other conditioning movements are also incorporated. A large emphasis is put on Meditation and Philosophy while **Breathing (Pranayama)** takes center stage in our classes.

The goals of this Instruction: 1- Bring Yoga back closer to its roots for it is not simply a form of exercise but a way of life. 2- Find "Your Yoga" -- there is no single correct way to do Yoga; no greater Perfect Yoga. We desire to help customize the practice over time to the individual and find what best suits their unique needs.

Our Yoga Offerings: **On-Going Yoga Classes (Beginner & Intermediate)**, **Beginner 6-week Series** and **One-on-One Yoga Instruction**. Check the web for more information: www.breath-dynamics.com

Basic Fee Schedule

Please call **770.785.7051** or check the website for detailed Rate Information. www.breath-dynamics.com