

EMPOWER YOURSELF WITH YOUR BREATH
RELIEVE STRESS AND ANXIETY NATURALLY WITH....

CONSCIOUS CONNECTED BREATHING

CCB is a technique that facilitates letting go of stress, anxiety and stored suppression; creating the possibility for freedom, profound relaxation, improved breathing and self-acceptance. The workshop includes a complete explanation of the process, one breathing session and the processing of experiences, all within a safe, private and loving environment.

Saturday, March 25th
2:30 – 5:00pm

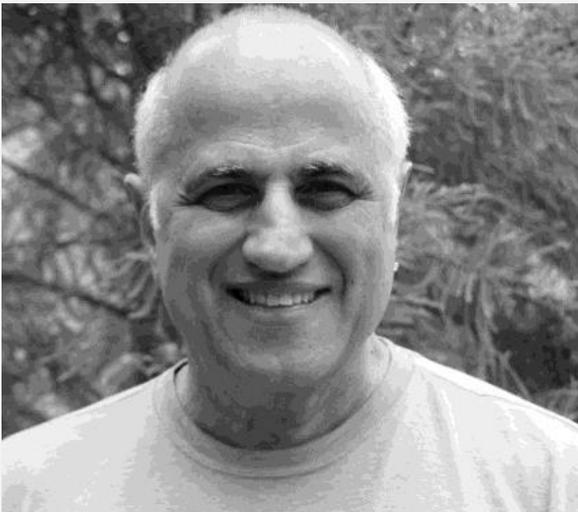
Unity of New Orleans Spiritual Center
3722 St Charles Ave.
New Orleans, La.

TUITION \$63
To Register Call (504) 453-9161

Please bring a pillow and blanket to the session

For more information go to:

www.jackfontana.com



JACK ANTHONY FONTANA

is a Level IV professional breathworker through Jim Morningstar and the Transformations Breathwork Training Program. He has been a breathwork practitioner in the New Orleans area since 1985 and is a member of the Global Professional Breathwork Alliance.