



Breathwork WORKSHOP

Sundays 2025

Sept 21, Oct 19, Nov 16

10-NOON

Change Your Breathing,
Change Your Life

RECLAIM YOUR POWER!



\$47



SEE SCHEDULE
REGISTER HERE



FMI:
512-818-7857

Ripples To Re-Membering
Holistic Wellness Center
342 Sanford Road
Alfred, ME

www.BlissfulJourneyWellness.com
57 CRYSTAL LAKE RD, GILMANTON IRON WORKS, NH