

# A LIGHT BREATH



## AN INTRODUCTION TO BREATHWORK

A gentle, 3-hour breathwork session designed for nervous system regulation, emotional release, and grounded integration. It will be facilitated by Carmen and Dan at The Practice Calgarys clinic space during private hours. Reserve your space by messaging us directly.

### Details:

- Date: Friday, January 30, 2026
- Time: 9:00 AM – 12:00 PM
- Location: The Practice Calgary Clinic  
(5010 Richard Rd SW, suite 330)
- Suggested Price: \$115 (pay what you can)
- Group Size: Limited to 8 participants
- Includes: Light refreshments & art materials
- Please Bring: Yoga mat, water bottle, journal
- No prior experience necessary

Are you ready  
to let go?

Are you ready  
to release?

What do you  
need to  
experience?

# JANUARY 30 2026

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