

CONNECTION

GROUP BREATHWORK



A full-day breathwork experience inviting deeper connection through shared breath and dyad practices, open to individuals or pairs seeking meaningful relational insight. It will be facilitated by Carmen and Dan at a remote location in Priddis AB. Reserve your space by messaging us directly.

Details:

- Date: Saturday, February 28, 2026
- Time: 9:30 AM – 5:00 PM
- Location: Priddis, Alberta
- Suggested Price: \$175 (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

What do I want to open up to?

What inside me do I want to reveal?

What do I need to see inside myself?

FEBRUARY 28 2026

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