



**21 AUGUST
2026**

BREATH RESET

Breathwork is an effective way to help break past our over-active thinking minds that often keep us held in old patterns, generate anxiety, and in general block emotional release. For the morning, we will spend a few minutes in teaching and getting settled and then we will move you into breath and hold you in that practice for about an hour and a half. The remainder of the time will be spent on art integration, which is a very important part of this experience. The three-hour group facilitated by Carmen and Dan.

Investment: \$125+GST Individual