

Nashville Breathwork™



# SUNDAY CEREMONY

GROUP BREATHWORK JOURNEY



**30 MINUTES:**

SETTING INTENTIONS / INTEGRATION



**60 MINUTES:**

GUIDED CONSCIOUS-CONNECTED  
BREATHWORK



IMMERSIVE SOUNDSCAPE  
WITH SACRED AROMATICS



MEMORY FOAM MATS, EYE-MASKS  
& BLANKETS PROVIDED

SUNDAYS | 7PM | EAST NASHVILLE  
LIMITED AVAILABILITY  
ALL LEVELS WELCOME  
REGISTER BELOW



NASHVILLEBREATHWORK.NET

