

Denise Rille  
The Passionate Spirit



Katrina Shinkaruk

# RELEASE & FLOW

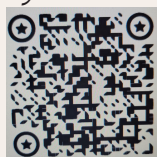
## Fascial Manouvers & Breathwork

NOV 17th 6:00-8:00pm  
2753 OHARA LANE  
\$60+ Gst for the evening

WHAT TO BRING: Yoga matt,  
journal, water bottle & blanket.  
Wear athletic clothing

We invite you to join us for an intimate evening of release and flow which will create space to allow for new possibilities. The practices that will guide the evening are a mix of Fascial maneuvers and Conscious Connected Breathwork. Fascial maneuvers is a mix of intention, movement and breath. It releases tension restricting our movements and bodily functions which initiates healing in every aspect of the body. Some benefits of these maneuvers are: reduce stress, release trauma, muscular dysfunction and hormonal imbalance. Practicing these movements help us look, feel and move younger. Conscious Connected Breathwork is a specific style of breathing that alters our state of consciousness. This state enhances neuroplasticity and opens access to imagination and creativity, allowing us to uncover and transform old patterns stored in the body and psyche. This information can be rooted in developmental experiences, trauma, or broader life experiences, offering the opportunity to rewrite how we relate to these memories.

Scan the QR code to  
Register



<https://thepassionatespirit.com/events>