

SOMATIC BREATHWORK

THE JOURNEY HOME TO THE BODY



1. A 4-part breathwork journey to reconnect with your body, release what's been held, and return to your inner knowing. Through each session, you'll deepen awareness, soften resistance, and step into a more embodied, present version of yourself."

CALMUNITY YOGA

5402 HWY 2A

LACOMBE, AB

**Tuesday September 16, 30, October
14 & 28th 7:30pm-9pm**

OFFERING

\$275

****FULL SERIES
PURCHASE REQUIRED****

**[HTTPS://CALENDLY.COM/JACQUIEBREATHANDYOGA/A-
JOURNEY-HOME-TO-THE-BODY](https://calendly.com/jacquiebreathandyoga/a-journey-home-to-the-body)**