

Transformational Breathing



Margit Jones-Hochstrasser

Organisation name: Resolution4Life

Organisation location: Bristol, United Kingdom

Short description: A one day workshop with [Les Elms](#) and [Margit Jones-Hochstrasser](#) to introduce you to Transformational Breathing

DO YOU FEEL....

- LACKING IN ENERGY ?
- STRESSED?
- NOT GROUNDED..... ?
- "IN YOUR HEAD" A LOT OF THE TIME...?

If this is you, then improving the way you breathe helps you become calmer and peaceful. It will re-energise and make you aware of being "in your body". It's a great way to optimise your health.

For more information click [here](#).

Dates: 9.30am to 5pm Saturday 16th May 2009

Venue: Yogasara, Picton Street, Bristol BS6 5QA

Price: £65 per person

Contact details: Contact Margit to book and for more information

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