

# Transformational Breath

WITH ISABEL CONTRERAS & DOUG MANUEL

SUNDAY, 18 JULY 2010

14:00 - 17:00

*Fully experience the infinite joy of life by reconnecting with the power of your own breath*



Transformational Breath is a simple yet dynamic self-empowering healing process that brings about profound changes in our lives. During this afternoon we will learn to use a full, conscious connected diaphragmatic breath to achieve greater presence and enhanced physical, mental and spiritual health.

To register send us an e-mail at [info@lifemotivations.ch](mailto:info@lifemotivations.ch)

**Investment: Sfr. 120.-**



**Isabel Contreras:** Transformational Breath facilitator, founder and director of Life Motivations, a Leader Certification Trainer, NLP practitioner, Counsellor and Coach. [isabel@lifemotivations.ch](mailto:isabel@lifemotivations.ch), 079 397 91 15, [www.isabelcontreras.com](http://www.isabelcontreras.com).



**Doug Manuel:** Transformational Breath facilitator, founder and director of Sewa Beats, leading rhythm consultancy, NLP Master Business Practitioner & Coach with over 10 years of experience working around the globe with individuals and teams. [doug@breath.ch](mailto:doug@breath.ch), 079 624 45 68, [www.breath.ch](http://www.breath.ch).



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