RAINBOW BREATHING GROUP BREATH

Sunday, March 1st
3:00 - 6:00 pm

Breathe out the old and breathe in the new for 2020!!!
Come experience the Healing Power of your own breath! This Chakra balancing breath session will integrate color & music with conscious-connected breath to help resolve chronic holding patterns and release and let go of emotional baggage from your cellular memory to heal Body, Mind & Spirit.

Investment $40

Held by Judiana Albertson of Rainbow Breathing.
Judiana is a Rebirther Breath Coach who has facilitated private and small groups for over 15 years. She had a calling to this wonderful work in the course of her own healing journey while living in Hawaii. Learn more about her at www.justbreathejuno.com/about

Text 561-951-1904 to reserve your space or email judianaa@gmail.com*
*Space is limited

JUST BREATHE WELLNESS