

Call Meditation Sisters to book this workshop as a private event for small or large groups.

Yes...We come to your location.



Meditation Sisters Presents:
Breathwork and Compassion
Workshop

Show appreciation to your staff, your clients and family the gift of well-being. Learn the benefits and techniques of breathwork as well as learning self-compassion and the reason why it's a great practice.

What you will learn:

- ✚ What is Breathwork
- ✚ Benefits of Breathwork
- ✚ What happen when you hold your breath
- ✚ The Body and Breath
- ✚ The Mind and Breath
- ✚ The Spirit and Breath
- ✚ Breathwork Techniques
- ✚ What is Self-Compassion
- ✚ How to Practice Self-Compassion
- ✚ Transform Shame with Self-Compassion
- ✚ Affirmations

[Meditation Sisters.com](http://MeditationSisters.com)

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