

cathartic style breathwork

powerful personal transformation

Free
introductory
evening

For personal growth &
emotional well-being,
including depression
and anxiety

For men & women
of all ages

This may interest you if...

you are interested in **emotional well-being** and fulfilment in your life, or

you are ready to open to the **deepest processes for growth**, or

you are suffering from **depression or anxiety** (or you know somebody who does), or

you have **tried other techniques** or modalities to help you deal with life challenges, with little result.

Cathartic style breathwork is a modality that will impress like no other... Guaranteed.

What's the evening about?

This introductory evening is the perfect opportunity for you to learn about the two main techniques that we use, and understand how they can work for you:

- ▶ Defence Displacement Technique (Cathartic Style Breathwork) and
- ▶ Behavioural Decision Processing

You will begin to become aware of the way to permanently remove beliefs and emotions that are buried deep in your subconscious – beliefs and emotions that are actually running your life without you being aware of it. During the session you will also discover:

- ▶ The fundamental emotional cause of all forms of depression and anxiety.
- ▶ What causes your lack of inner peace – and how to get it back.
- ▶ Relationship patterns – including why we attract certain people and situations into our lives.
- ▶ The real sequence of steps that are necessary to genuinely and permanently release yourself from negative self perceptions and patterns of behaviour.

Come and join us to find out more about this effective and genuine personal change technique by one of Australia's longest running breathwork organisations, Transformative Education International.



NEXT DATE:

Wednesday 25 August 2010

TIME:

6.45pm registration for a
7.15pm start – 9.15pm

VENUE:

The Awareness Institute,
The Blue Room,
Ground Floor / Suite 1,
20 Clarke Street,
Crows Nest NSW

COST:

Attendance is FREE at
this evening session

.....

REGISTRATION:

Registrations are essential as
numbers are limited. To book
your place, please email:

tracey@TEInternational.com.au

or call on **1300 500 881**.

Transformative EDUCATION

INTERNATIONAL

www.thedepressionsolution.com | www.transformativeeducation.com.au