

# TRANSFORMATIONAL BREATH®

Riverslea Retreat, Otaki, NZ

*The breath is the master key to a  
balanced and inspired life!*

Immerse yourself in a **6-day all inclusive Transformational Breath®** seminar in a nourishing and caring environment exploring your breath and its potential.

Transformational Breath® creates a bridge between the conscious and subconscious. It is a powerful self-healing tool and transformative on all levels.

Transformational Breath® clears old programming and trauma offering clarity, creativity, peace, greater resourcefulness, well being, improved relationships, and lasting change just to name a few.

The practice of Transformational Breath® is deeply spiritual and opens the door to rest in your core Essence and the Mystery itself.

Gift yourself this incredible week of deep inner and outer exploration.

Thursday, April 11th, 5pm – Wednesday, April 17th, 2pm

Investment: NZ\$1985

Early bird NZ\$1785 if non-refundable deposit NZ\$300 made by October 19<sup>th</sup>

Helle will be assisted by Transformational Breath® facilitators

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**TO REGISTER AND FOR MORE INFORMATION CONTACT HELLE**

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## **Helle Mortensen Thomson**

Transformational Breath® Senior Trainer,  
Lightworker, Spiritual Guide & Retreat Facilitator

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