

Secrets of the Breath

with Viola & Michael

12/13/14 February 2016

4/5/6 March 2016

8/9/10 April 2016

7 May 2016

Each Session is for 3 hours and it will be done over the course of four weekends.

Friday sessions start at 6:30pm and weekend sessions start at 10am

350€ for the 10 sessions,
for early bird bookings and payment by the 15 January 300€.

Peter the Creator of Vedanta Centre with Viola Edward de Glanville & Michael de Glanville two International Trainers of Breath work, are creating this intensive ten sessions group course to go through this wonderful technique in an economical and dynamic way.

Viola Edward de Granville and Michael de Granville are both professionally trained and certified breath work therapists, both with 15 years' experience in the field. Viola is also qualified to run breath work teacher training. Viola has run teacher training courses in breath work abroad. This course will form part 1 of such a course. Both Viola and Michael are living in Cyprus. Viola is also a qualified psychotherapist. Viola has written a book "Breathing the Rhythm of Success".

For further information

We have written several blogs on our website, search for breathwork, as an example, <http://www.vedantayoga.net/our-blog/10-session-breath-work-course-revealed>

Vedanta Centre

Agiou Andreou Str. 350, 3035 Limassol (2min from Starbucks by Law Courts)

www.vedantayoga.net F:Vedanta Yoga Centre

info@vedantayoga.net Centre: 25 00 19 30



Breathwork Course Secrets of the Breath

Breathe ...
and release that which no longer serves you

February to May 2016

at **Vedanta Centre**
350 Ag. Andreou Str Limassol

to book or for more information contact:
25 00 19 30 or send email on info@vedantayoga.net



What is Secrets of the Breath (breathwork)?

Breath work is the art and science of having **breath awareness** and learning breathing techniques for enhancing the human, physical, emotional, mental and spiritual condition.

Conscious Connected Breathing (CCB) is an alternative or complementary therapy specifically focusing on the breath as a profound healing tool. CCB also called **Rebirthing** is one of many techniques based on working with the breath, being a part of the “Breath work world”.

It is a safe, effective and natural tool for **healing, personal growth and transformation**.

Why is it called Rebirthing? The process gives us the opportunity to be in connection with a situation and to be able to transform it and integrate it in a safe environment.

A holistic process involving **breathing, thought and action that** embraces the individual in various levels creating rapid personal development as it connects us with our essence, the source of our inner vigour. It supplies the energy and power that we need to transform and expand ourselves.

What to expect

One of the most powerful tools to help release emotions and help us connect with ourselves.

Healing - The Breath provides the means for us to release unwanted stored up emotions, providing healing at the physical, mental and emotional level

Personal Growth - The Breath provides the means for us to get in touch with our feelings and needs, once we know what our inner needs are, we can be in a position for personal development

Transformation – from an early age we are taught how we should behave, what we should and shouldn't be feeling. This results in us automatically suppressing, denying, or exaggerating our emotions and disregarding our needs in adult life (we shouldn't be feeling like this, it's not right!). Breath work begins to unravel this process, letting us see and feel our emotions/needs as they arise. We become more conscious and begin to stop the automatic suppressive response. This allows us to deal with life in the present moment. We learn how to deal with life issues breaking through them instead of them breaking us down. This is what creates real transformation, some may say spiritual awakening.



The Process – How it works

The Process of an initial Conscious Connected Breathing cycle consists of ten sessions with a professional Breath worker who facilitates the creation of an emotionally safe environment. During these initial “breathwork” sessions, an in-depth transformational process begins enabling the client to become more aware of particular situations and integrate them into their life as a learning experience. After this first cycle, the breathing technique can then be practiced safely and independently at home by the individual. They can also continue the in-depth process of self-discover with a professional Breath worker.

What we will offer

We offer a 10 session course where participants will not only experience 10 Breath work sessions but will also be taught how to carry out Breath work Session for themselves safely and properly.

These 10 sessions are an important first step in becoming a qualified Breath worker. An attendance Certificate will be offered upon completion of the course.

For those who would like to continue a Professional training (400 Hours) to become a professional Breath worker, the hours involved in this 10 group session will be taken into account.