

Breath Voyages

Journey deeply into the multidimensional mind exploring & healing. By using the breath one can induce a profoundly expanded state of consciousness and a highly energetic condition. The accelerated energetic state allows one to overcome un-conscious resistance to stuck energetic patterns that surface for processing. A myriad of possible experiences can be had; from birth trauma to spiritual Oneness, from No-thingness to a rich plethora of psychic or energy phenomena, from insight into present situations to past lives affecting one's core issues presently. Becoming aware of our fragmented dis-owned parts of ourselves, integrates us to our innate wholeness of Being in the here/now and to the wonders of our multi-dimensional selves. The process of discovery begins as one's journey goes within to experience on the wings of breath, our lost humanity and the vast potential of our wondrous divinity waiting to manifest.

Breath Journey facilitated by Jay Gilliland and friends.

Jay is a certified Grof Holotropic Breathwork Practitioner with over 20 years of experience in leading Breathworkshops.

Breath Voyages is a half day workshop 9:00am - 1:00pm. Investment is \$85 or \$75 if paid for before the date of the conference.