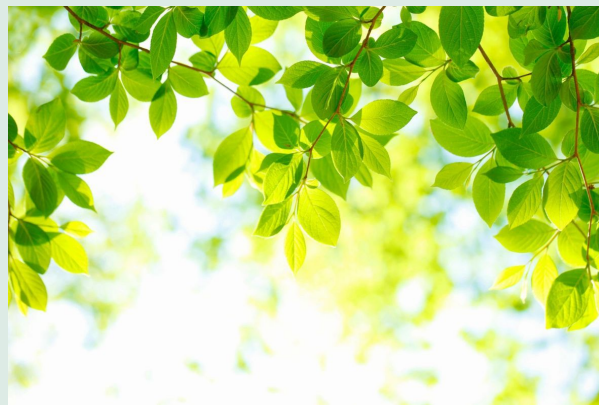




Healing Within

Breathing into the Mystery April Gathering



The movement of breath, awareness & biology as one.

The March gathering was a sweet and deep immersion, thanks to all who showed up so present & dedicated.

Breath, awareness & biology are intimately entangled. The breath is life force and an extension of universal energy. It is the fuel for all the cells and a potent medicine to create change and enhance vitality. Awareness is the all seeing/sensing guide equipped to embrace and savor the truth of the moment, and our biology is superbly primed to respond to both.

When we practice and become awake to all three, we are at the center of a powerful movement of life. There is nothing static or stuck, even when we sit or lie completely still, but a rich outpouring of aliveness & vibrant gentleness. It is *the being blossoming!*

Sunday, April 21st Gathering

Date: Sunday April 21 from 11:15 to 2:15

Location: W 27th Street betw. 6 & 7 in Manhattan

Fee: \$65

No prior experience is needed. **All willing & curious are welcome!**

Register by clicking the contact button below or for questions.

I will email specific details when I receive your all-in confirmation.



There are many benefits to breathwork:

- Balancing the nervous system (sympathetic/parasympathetic) & biochemical/hormonal systems
 -
 - >
- increases energy and well-being, boosts athletic performance & lowers stress levels
- Clearing emotional & trauma

related
blockages

-

>

restores

a

sense

of

calm,

confidence

and

connection

to

self

- Freeing
the
diaphragm
&
breathing
mechanism

-

>

energizes

all

systems

and

frees

up

the

breath

- The
breath
is
the
door
to
inner
clarity,
expanded
awareness,
divine
spirit
and
joyful
living

- Fun
and
invigorating,

and
many
more...

Malou Thein has dedicated her life to dance, movement, the cultivation of health & vitality and transformation. She has been in private practice at The Medicine Lodge Clinic since 2003.

"Ignite your awe of your body, your mind, and your beautiful humanity. Witness your own being blossoming"

Wim Hof



**Looking forward,
Malou**

Contact Me

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