



# Breathe easy!

**with Mary Schoen**

## **Master Your Breath, Master Self**

**Discover the most crucial tool for health & happiness . . . your breath!**

**Clear your breath pattern . . . learn conscious breathing techniques to transform your body, mind, emotions & spirit.**

**Experience more physical & mental clarity.**

**Release stress patterns!**

**Experience more joy & maximize your body's natural well-being!**



### ***Breath Blow-Out!***

***Saturday Night Workshop  
(5 - 7 pm)***

***May 20***

**Cost = \$20 - \$40 (sliding scale)  
only 20 spots – RSVP only!**

### ***“Private” Sessions!***

***in groups of four people  
lasting 2.5 hours  
individual attention  
scheduled at your convenience***

**Cost = \$65/person  
email/call for dates**

**3925 Montgomery Rd., Norwood, OH 45212**

***free parking in our landlord's Domino's Pizza lot, plus free on-street parking!  
check out our website for more great programs & opportunities***

**[vitalitycincinnati.org](http://vitalitycincinnati.org)**

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