



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!

*Tuesday Night Workshop
(6:30 - 8:30 pm)*

July 18

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*

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