

Sacred Mandala Breathwork

Saturday, September 7, 2024 ~ 3:00 to 6:00 pm



MARISCELA & THEODORE INVITE YOU TO EMBRACE:

- ◆ The alchemy of your breath as you surrender to what arises in every inhale & exhale.
- ◆ The reverence of connecting with yourself & each other in the essence of “Namaste.”
- ◆ The willingness to release heavy emotions while activating your sacred Heart.
- ◆ The intimacy of being witnessed by another from a place of transparency.
- ◆ The possibility to connect with your Soul family and to create heart-felt friendships.

Energy Exchange: Sliding Scale \$30 to \$50 ~ Pre-Payment is required to secure your participation!

To pay online, please add \$1 more to enjoy your full contribution

Paypal: paypal.com/paypalme/mariscelaalvarez ~ Venmo: venmo.com/u/freeyourspirit

Check to Free Your Spirit: PO Box 1204, Nevada City, CA 95959

Lovely Sanctuary in the redwoods of Mendocino
Address will be provided upon registration

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