

The Breath in all its Dimensions

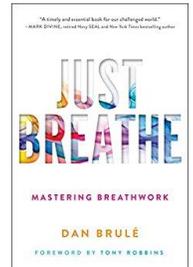
A 6-Day Breath Mastery Journey into Your Deepest Self with Dan Brulé
On the French Riviera at Trimurti village, August 20-26

www.trimurti.fr/calendrier-respiration-130.html



"Our ability to resist and adapt depends upon our biological, neurological, hormonal, and metabolic balance. And in all of these various forms of balance, breathing is a basic and crucial factor. Any type of therapy should therefore take our breathing into account." — Dr. Louis TEULIÈRES, Immunologist and Researcher, specialist in chronic infections and metabolic disorders.

*"It takes 110 percent commitment to reach the level of Breath Mastery that Dan has obtained through decades of study, research, and practice. **JUST BREATHE** is his definitive handbook, testament, and revelation that once you pay attention to your breath and master its true power, you master your life and your outcomes." --Tony Robbins, bestselling author, entrepreneur, philanthropist and life coach*



Dan Brulé, author of **Just Breathe**, is the world's foremost expert and renowned pioneer and trainer in the field of breathwork, leader of the Worldwide Spiritual Breathing Movement. He served in the United States Navy as a Medical Deep-Sea Diver during the Vietnam Era and received his Master's Degree in the healing arts at Lesley University in Boston. He has founded multiple organizations focused on breathwork, including The Growth Center, Inc., and One Sky International. He travels around the globe constantly and teaches many approaches to conscious breathing in unique and essential ways: thru meditation, exercises and techniques. More than

150,000 people in 59 countries now apply his approach in their work and in their lives, including elite athletes and martial artists, leading psychotherapists, medical experts, monks, meditators, yoga teachers, performing artists, fitness trainers, life coaches, and holistic medical practitioners.

More info about Dan and his work, visit: www.breathmastery.com and his Mexico project: www.bajabiosana.com

Desiderata is a teacher, trained in Dan's Breath Mastery techniques since 2005, and in Holotropic Breathwork (Dr. Stan Grof,) as well as the Integrative Breathwork Approach. She is trained in Coaching and Supervision, and in Shakti Malan's Totality Therapy. She has learned several mediation approaches for conflict resolution and stress management at CNAM; Thomas FIUTAK and Jacqueline MORINEAU, in voice and movement, and bio-holistic gardening techniques. Today she is a breath coach, a mediator, a project leader, and the coordinator for Dan's work in Europe and the French-speaking world.



"My passion for serving human beings and the breath of life motivates me to work with experts and doctors, and to deepen and expand the field of breathwork, mediation, and conflict management (including internal conflict) in order to welcome, accompany and activate or reactivate the life process in us. I support, guide, and teach individuals to integrate breathwork into their lives.

***Breathwork is the new yoga! It is modern meditation!
It is a new approach to self-realization!***

It is the quickest way to quiet your mind, calm your nerves, settle your stomach, and open your heart!

In the rough-and-tumble world in which we live, which is becoming increasingly more hostile, people are seeking practical methods for dealing with the stress and toxicity around them.

Using focused awareness and conscious breathing, you can uproot and dissolve negative and limiting thoughts and feelings that block your experience of love and the free flow of your life force. Breathwork leads to higher levels of consciousness and peak performance; and it will even produce ecstatic states of being.

Breath awareness brings to light many unconscious habits, patterns, and reactions. If you can become aware of your breath when negative or painful thoughts and feelings arise, and then redirect the flow of breath at those times, you can prevent or resolve a host of health problems, life challenges, and relationship issues.

***Would you like to feel more energized and alive, more centered and balanced, more relaxed and focused?
Would you like to free yourself of physical, emotional and psychological pain?***

Breathing Training is now spreading thru the professional and medical world because it improves physical, emotional and psychological health—resulting in better performance, higher productivity, and more success.

***Breathwork increases energy and promotes relaxation.
It frees us from stress, negative energy, and creative blocks.
It supports clear thinking, higher performance, well-being, and happiness.***

Why not bring these same benefits to your personal and professional life?

Most people have a theoretical or philosophical understanding of spiritual energy, but this retreat is designed to give you a direct biological, cellular experience of it and of your own power and potential. In fact, the most sublime, ecstatic states are reached through the breath, which is why so many people use conscious breathing to open themselves to the most subtle and powerful spiritual dimensions.

Breathwork leads to higher levels of consciousness, and states of wonder and fullness. This is an ancient path. We have simply found a modern way to achieve what the great masters and saints have pointed to for eons!

Themes / Tools / Methods :

Breath awareness, and breathing exercises, relaxation techniques, guided meditation, imagery/visualization, anchoring and centering, sound, movement, individual, paired and group breathing sessions and sharing.

What everyone appreciates is that this approach to breathing creates space within oneself, a space in which emotions can emerge, release and dissolve... A pure space that opens you to a deeply transformative and beneficial life experience.



During this training (Trimurti - Salle SOKOLOFF) you will learn how to:

- *Free your breath and breathe easier*
- *Unleash the flow of life force energy in your body*
- *Feel more energetic and alive, more relaxed and focused*
- *Increase physical, emotional, psychological well-being, and improve performance*
- *Manage pain, stress, anxiety, depression, and burn-out*
- *Overcome physical, emotional and psychological suffering*
- *Develop your intuition and expand your creativity*
- *Open up and come home to your full human and divine potential*



Breath awareness and conscious breathing are powerful tools that can be used in every personal development and therapeutic practice.

*When you dare to let go of “who you think you are,” you open to “who you really are.”
Conscious Breathing awakens us to the full power and beauty of our physical, emotional, and energetic bodies.*

During this 6-day program we will be exploring the Fundamentals of Breathwork, and some advanced techniques. Dan will share the most recent liberating discoveries, developments and breakthroughs on the Path of Breath Mastery. We will practice the latest spiritual breathing exercises, techniques and meditations.

You will learn “The Cornerstones of Breath Mastery” and “The Eight Paths in Breathwork.”
And you will learn powerful breathing techniques and healing exercises in water.

Would you like to learn how to breathe and relax your way to better health and more energy?

Would you like to develop your coaching, healing, athletic or creative skills?

Would you like to master the breath as a tool, force, bridge to healing and growth in spirit, mind and body?

Are you ready to tap into your highest potential?

If YES... then you are invited to join us at Trimurti Village, August 20-26

Course fees:

***1200 € for 6 day. Early bird discount if paid before June 30th
(Early birds also receive a free signed copy of Dan’s book)***

Food and Lodging (in addition to the course fees):

60 -115 € per day (Pay for your lodging when you arrive.)

There will be an opportunity for practitioners to schedule private sessions during the retreat.

To register for this special event, contact: equanimessence@gmail.com

Contact Kathy for more seminar and session info: katowlea@gmail.com /+33 6.20.56.45.21