

Is your life filled with anxiety and stress?
Would you like to be more creative?

Join us for an afternoon of...

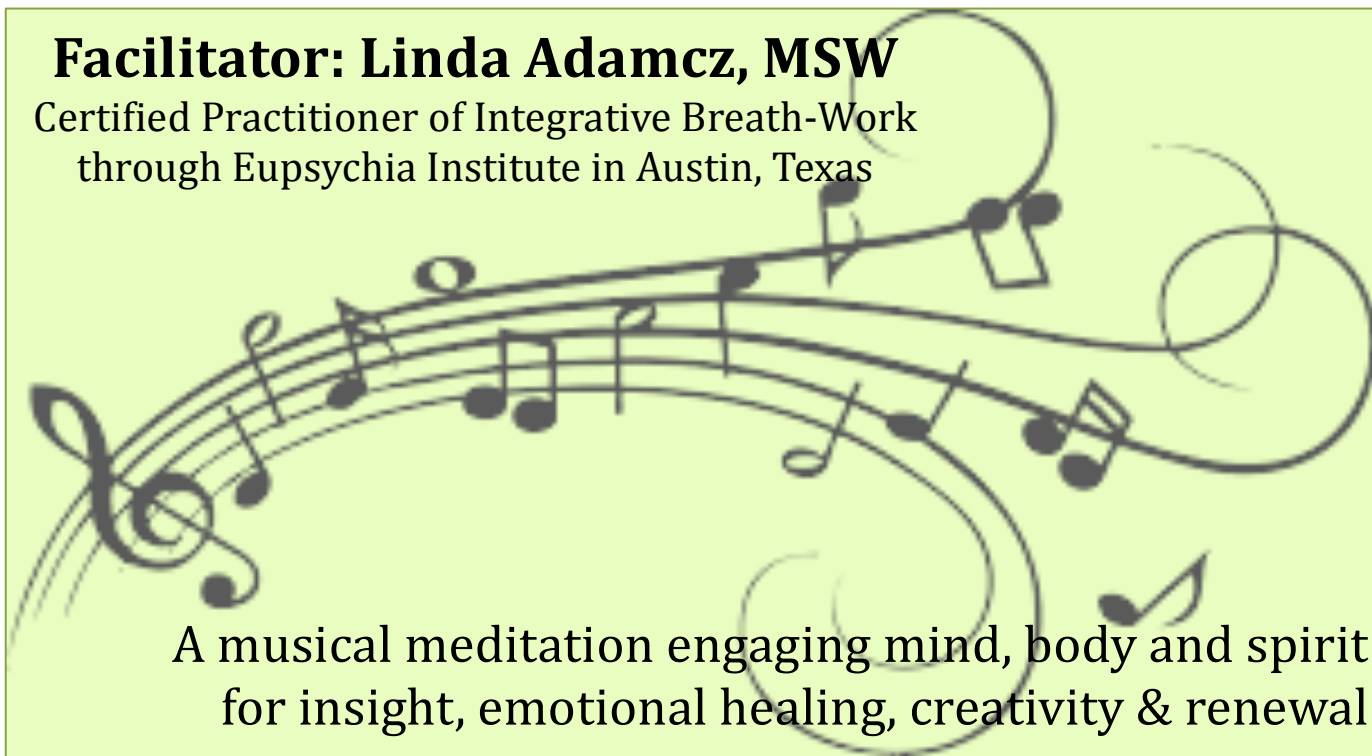
Integrative Breath-Work

Sunday, July 31, 2016

1:00 – 3:00 pm

Facilitator: Linda Adamcz, MSW

Certified Practitioner of Integrative Breath-Work
through Eupsychia Institute in Austin, Texas



A musical meditation engaging mind, body and spirit
for insight, emotional healing, creativity & renewal

Cost: \$35 ~ Pre-registration is needed.
Lindaadamcz@gmail.com or 269-388-2988

Venue: Sambodh Center for Human Excellence
6363 N. 24th St. Kalamazoo MI 49004

NOTE: Please wear loose/comfortable clothing
and bring a blanket, sheet & pillow.
Floor mat is optional.

