

Breath & Energy...

Everyone has it in them!

Join Metaphysical Minister, Reverend Danielle Dufour **Two Friday nights in November from 6pm to 9pm** experiencing various playful techniques to prove to yourself that when applying Metaphysical and / or Quantum Science principals & practice we all have profound abilities.

November 3 & November 10th, 2017

\$75.00 per participant for both dates

To Register, please visit [Breathe Yoga Studeo](#), or complete [Life Force Event Registration](#)

This two part workshop is designed for anyone. It is a fully Interactive / Experiential learning opportunity with a course manual, and some debrief discussion time. The workshop will focus on experiencing:

Universal Energy Principles and Practice - What is Universal or Life Force Energy? What does it do?
How can I practice feeling it? Seeing it? How can I work with it?
The Chakras- Bare Bones- A place to Start: What are they and how do they work?
Breathing – Training, Techniques & Exercises – Why is it so important
Self Reflection / Exploration / Visualization / Exercises
Meditation: Principals, learning, and practicing various techniques
Visualization / Manifestation: Introduction to the concepts and replacing any fears with the Science

This workshop(s) is designed to:

Introduce various techniques to practice feeling, seeing, and using Universal Energy to your advantage
Leave participants feeling an increased awareness of how to use breathe and meditation to amplify their energy
Instill confidence, embrace strengths, and encourage powerful skills we all have
Support each participant's view points through their interpretation and experiences

All that is needed is an open mind and loving intention. Have fun.

This workshop will be held at [Breathe Yoga Studeo](#) in Sorrento, and facilitated by [Rev. Danielle Dufour, BMsc.](#) If you would like to know more about [Life Force Experiential Activities](#), their programs, or Rev. Danielle, please visit <http://www.lifeforceenergy.net/about/>

