



*Awake my Dear
Be kind to your sleeping Heart*

*Take it out into the vast
fields of Light
and let it Breathe ~ Hafiz*

~Healing Breath Ceremony~.

6 Thursdays Oct 5- Nov 9

7:30pm- 9:30pm ~

Tiger Lily Yoga, Seattle

Energy Exchange: \$150/series, \$35/session

(ONLY 15 spaces per session for this journey

MUST Register in advance—spaces will fill)

In this series you will explore how the mind's stories keep you from the dream in your heart— your soul's purpose. You will be guided through an active and intentional pranayama style of breath to feel the places in your body where contracting thoughts create contracting body patterns and imbalances.

Each session will include some hands on energetic body awareness and clearing, music, drum, rattle and song to assist your journey, sharing and a Q&A with Jamie at the end.

A group setting lends itself to powerful release when we have witness. A safe and sacred container will be set.

Please Bring: An altar item, journal, yoga mat and blanket and a willingness to share and explore.

Please contact: Jamie Lashbrook for questions and registration

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