

URBAN DAY RETREAT

to connect to your
inner wisdom

with Anna
and **Stephanie**

11th May
10 - 4.30



An exhilarating day
with lung-opening
yoga, journeying
meditation,
Transformational
Breath® and a
glorious sound bath

At **Rebel Circus Unit 7b**
London, N15



Questions? Please email
Stephanie@BreatheMore.co.uk

Booking essential at:

<https://expansionbreathandsound.com/bookings/>