

Be Inspired!

Transformation Breath® Workshop

Sunday 4th October 2015

10am–5pm

Yoga Space, Crepe Farm, Bridport, Dorset DT6 6EY

Cost: £70 for whole day (or £40 for morning/afternoon only)

For afternoon session participants must have either attended the morning session or other Transformational Breath/ Inspirational Breathing workshops.

With Nichola Motley – Transformational Breath
and Nicola Price – Inspirational Breathing

More information:

Nichola Motley: www.breathwithinbreath.co.uk

Nicola Price: www.inspirationalbreathing.com

Bookings: please contact Nichola Motley



BREATH WITHIN BREATH

Nichola Motley is a Certified Transformational Breath Facilitator and workshop leader.

To book: **07884 191459**

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www.breathwithinbreath.co.uk