

A Facilitative Healing Center Event

# Effiji Breath Class

**EFFIJI BREATH WORK** is a developmental process to releasing the layers of unhealthy patterns toward healing core wounds that keep your life stuck in repetitive unfulfilling cycles. Breath work has been known to help with any and all diseases of the body and mind. While the Effiji Breath Technique does not diagnose or cure any disease, there is anecdotal evidence of healing migraine headaches, arthritis, chronic fatigue syndrome and many phobias and fears. It helps clear unprocessed grief, sadness and anger. Bring a yoga mat, pillow, blanket, and bottle of water.

## Information

**WHEN:** Sat. Nov 3, 2018 ~ 1:00 – 3:00 PM

**WHERE:** Facilitative Healing Center, 841 Corporate Dr. Suite 301, Lexington. KY 40503

**COST:** \$45 per person

**REGISTRATION:** Call (859) 494-5851 or email at [Theresa@FacilitativeHealingCenter.com](mailto:Theresa@FacilitativeHealingCenter.com)

## Facilitator



Sarah Charmoli's quest is for authentic self-expression. Her work is for creating fuller awareness. Through facilitation, she lovingly and intuitively guides you through the Effiji Breath experience. She's spent 6 years in deep study of Effiji, personally and professionally, and has emerged as a healer of the body and soul. Her training as an actor made her curious about other people and their lives, and now her work not only makes her curious, but allows her to help. She is able to uncover one's faulty filtration systems that rule their lives and create new pathways for releasing negative behaviors and thought processes.

Her work with the Effiji Breath Technique is about using this tool to navigate the modern human experience. She is able to see and understand the unique physical, mental, and emotional layers that construct one's soul and how to find fluidity and alignment so your full potential can be realized. From Louisville, KY to Santa Teresa, Costa Rica, she has led workshops for all kinds.

She studied intensely under Elijah Nisenboim ([www.elijahn.com](http://www.elijahn.com)), founder of the Effiji Breath Technique for 5 years. Learn more about Sarah and her workshops at <https://www.WeBreatheToGetFree.com>



# Facilitative Healing Center

We help people achieve balance in their physical health and emotional wellness