



EFFIJI BREATH WORK

Unlock the Energy that's Keeping You Stuck

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

Date/Time: Tues. Feb 12 ~ 6 – 8 pm **OR** Sat. Feb 23 ~ 1 – 3 pm
Where: Facilitative Healing Center, 841 Corporate Dr. Suite 301, Lexington
Cost: \$45/person
Registration: Call **(859) 494-5851** or email at Theresa@FacilitativeHealingCenter.com

Facilitator



Grace is the co-creator of the Loving Journey program and Global Heart Team. She is a Loving Journey Facilitator; Effiji Breath Work Facilitator, Add-Heart Facilitator, Physical Therapist, Dream Interpreter, Enneagram Instructor and Reiki Master. She has a BHS in physical therapy and MS in Education, which she taught at Midway University. Grace has facilitated many workshops and groups for the past eighteen years including Loving Journey, Dream Interpretation, Intuitive Energy Work, Enneagram, EBT, and Psychosynthesis. She has integrated all of her loving wisdom into creating the Loving Journey Programs.

Grace

Facilitative Healing Center

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